

Best Bargains At The Mall (UNDER \$20)

seventeen

October 2007

**ALL
NEW
TIPS!**

615
**Amazing
Makeover
Ideas!**

**Lauren
Conrad
Confesses**

**Her Side Of
The Rumors
From
*The Hills***

17 EXCLUSIVE
Get A Sneak
Peek At
Lauren's **New**
Fashion Line!



INSIDE: Tricks For Your
Body And Your Style

FREE
T-Shirt
See Page 7

**GET A
CUTE
BUTT**
Without Working Out

**Pretty
Makeup
& Perfect
Hair**
(In Minutes)

**“I Was Arrested For
Hooking Up
With My Boyfriend”**

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This Happen
To You?**

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seventeen.com



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Once, we were just

THE GREATEST TEAM YOU'VE N



NEVER HEARD OF

Well, that was then. And this is now.





▼ B 1 2 3 4 5 6 7 8 9 10 ▲

FLOOR 1



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B 1 2 3 4 5 6 7 8 9 10 A

FLOOR 10



Product may require reapplication
after vigorous activity.

V05 VICTORY HAIR.COM

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EXTREME STYLE BY

V05



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fear

Target.com

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less

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baby-doll sweater 17.99
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denim jeans 22.99



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You don't have to be a hero to feel invincible. That's why I drink milk. The protein helps build muscle and some studies suggest teens who choose it tend to be leaner. Cheers to that.

got milk?[®]

October 2007



Get Lauren's look on page 14!

THE MAKEOVER ISSUE!

on the cover

- 14 17 Exclusive** See Lauren's fashion line only in *Seventeen*!
- 18 615 Amazing Makeover Ideas!** Start here to update your look.
- 34 Tricks for Your Body and Your Style** Pull off *any* outfit.
- 44 Best Bargains at the Mall** Cute new jewelry—all under \$20!
- 62 Pretty Makeup & Perfect Hair** Celebrity insiders spill their best beauty secrets.
- 86 Get a Cute Butt Without Working Out** All you need is fun music!
- 114 "I Was Arrested for Hooking Up With My Boyfriend!"** Read this before *your* next date. . .

seventeen reader reward

STEVE & BARRY'S

10,000 FREE TEES!

Bring in the October cover to **Steve & Barry's** stores nationwide and get this free T-shirt from **dear BY Amanda Bynes**.

STEVE & BARRY'S

Starts September 10, 2007 through October 10, 2007. Go to seventeen.com/freebies for more details. One tee per customer. No purchase necessary. While supplies last. Retail value: \$7.98.



LOOK LIKE A STAR! p62

Gorgeous makeup colors for fall! p152



142 Lauren Conrad Confesses Stuff you won't see on *The Hills*.

fashion

- 32 Show Off Your Bag** Pick the right outfit for your new bag.
- 50 Make Over My Man!** Your guy is about to get even *hotter*.
- 54 The Cutest . . . Flats!** Comfy shoes in flirty colors.
- 56 Update Your Look!** Tiny tweaks with *major* impact.
- 134 Make Over Your Mood** These seven outfits may change *your* attitude!

beauty

- 68 Get Clear Skin!** Find the best treatment for *your* skin issues.
- 72 Mini Makeovers!** Simple ways to transform your look—in just three minutes or less.
- 76 A New Makeup Routine** Changed your hair color? Then your makeup needs to match! Here's how to do it.
- 80 Look and Feel Great!** A special way to bring hope and beauty to women with breast cancer.
- 152 Fall in Love . . .** The season's best shades look gorgeous on *every* skin tone.



Shop to stop breast cancer. p80



health

- 88 Eat Your Heart Out!** The best food to order on a date.
- 92 "What's Up With My Breasts?"** Answers to all your questions.
- 94 Tests You Need to Take** When to see the gyno, and what to expect.

Get to know your "breast" friends!
p92



love life

- 96 Why He's a Jerk in Front of Friends** Guys spill the real reasons they act so obnoxious.
- 98 Are You Obsessed With Your Boyfriend?** Don't OD on togetherness!
- 100 TV's Hottest Hotties** Love advice from your favorite stars.
- 148 Dating Drama** Things not going as you hoped? We have Plan B.

college

- 105 Seventeen's How-To Guide** Tips for getting in, spending smart, and having a blast!



SPECIAL SECTION!

A guide to the best four years of your life!
p105



**IS YOUR GUY
KIND OF A JERK? p96**

real life

- 117 Make Girls Smart and Strong!** Sarah Michelle Gellar's fight to send girls to school.
- 118 Do You Really Care About the Environment?** What readers are doing to save the planet.
- 120 Be the Girl You Want to Be** Let the *real* you shine through.
- 122 To: Tina Fey, Age 17** Read Tina's hilarious letter to herself.
- 150 Oh, Brother!** Judy Blume tells how to deal with a difficult bro.
- 162 Why Are We So Obsessed With Plastic Surgery?** The truth behind this disturbing trend!

weekend

- 125 Seventeen Halloween Special!** Hot costumes and party ideas.

and...

- 10 Bra and Panties Freebies!** Score a pretty set in October.
- 18 Hi From Ann** See her makeover!

- 26 What You Think!** You give us your take on the August issue.
- 133 Our October Inspirations** What sparked our ideas this month.
- 166 Traumarama!** Laugh it up.
- 172 October Horoscopes** Juicy predictions for your sign.

Don't miss our **MUST-SEE** videos on
seventeenTV



COVER CAM: Go behind the scenes at our cover shoots and see an exclusive interview!



17 SECONDS: Get our quick and easy fashion ideas, dating tips, and more in this weekly video!



BEAUTY SCHOOL: From long lashes to lovely locks, learn how to create tons of gorgeous (and simple!) looks on your own.



TRAINER: Get in shape! Use these workout videos to tone up at home.

Head to
seventeen.com
and start watching now!

VERA WANG

Princess

Featuring Vera Wang Lavender Label Dress. ©2006 Coty Prestige / Vera Wang® and Vera Wang Princess™ owned by V.E.W., Ltd.

Born to Rule



BRA & PANTIES Freebies!

Look as cute *under* your clothes as you do in them!
Visit **seventeen.com** every day in **October**
for your chance to win a sweet bra and panties set.

Victoria's Secret model
Alessandra Ambrosio

sunday

monday

tuesday

wednesday

thursday

friday

saturday

SAVE THIS
CALENDAR
TO WIN
IN OCTOBER!



1
A Betsey Johnson
Intimates bra and
boyshort set from
bare necessities.com
{cheetah}



2
A full bra and bikini
set from Mudd
{bow}



3
An unlined bra
and girlshort set from
Belabumbum
{outline}



4
A bralet and boyshort set
from Fleur't Lingerie
{black}



5
A lace bra and boyshort
set from Belabumbum
{sweet}



6
A cross-back bra and
string bikini set from
Victoria's Secret PINK
{pink}



7
A racerback bralet and
bikini set from
Victoria's Secret PINK
{stripes}



8
An unlined bra
and modern brief set
from Jockey
{mismatch}



9
A Por Moi? bra and
boyshort set from
figleaves.com
{flowers}



10
A lace bra and thong set
from Donna L'Orèr
{blue}



11
A full bra and bikini set
from Vassarette
{comfort}



12
A cotton bra and thong
set from Belabumbum
{sexy}



13
A full bra and
bikini set from Mudd
{stars}



14
A demi bra and boyshort
set from Donna L'Orèr
{pretty}



15
A full bra and bikini set
from Calvin Klein
{graphic}



16
A bralet and boyshort set
from Fleur't Lingerie
{lounge}



17
A Betsey Johnson
Intimates bra and thong
set from figleaves.com
{romantic}



18
A cross-back bra
and boyshort set from
American Apparel
{simple}



19
A padded bra and
boyshort set from
Donna L'Orèr
{ribbons}



20
A sheer bra and thong
set from Calvin Klein
{fall}



21
A demi bra and boyshort
set from Donna L'Orèr
{elegant}



22
A demi bra and boyshort
set from Calvin Klein
{colorful}



23
A triangle bra and
thong set from
American Apparel
{orange}



24
A push-up bra and
hipster set from
Victoria's Secret PINK
{cross}



25
A triangle cami and
boxer brief set from
Calvin Klein
{sporty}



26
A full bra and bikini set
from Vassarette
{fancy}



27
A demi bra and bikini
set from Calvin Klein
{casual}



28
A triangle cami
and bikini set from
American Apparel
{soft}



29
A demi bra and thong
set from Candie's
{pushup}



30
A demi bra and boyshort
set from Calvin Klein
{solid}



31
A ruched tube bra
and bikini set from
American Apparel
{dots}

HOW TO ENTER: Starting on **October 1**, log on to **seventeen.com/freebies** daily and type in the **Freebie Phrase of the Day** {in red} to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours, beginning at 12 A.M. EDT. Winners will be posted online the next weekday by 10 A.M. EDT. Go to **seventeen.com/freebies** or page 170 for details.



Kill them with kindness.

Still blasting away at blemishes? Time to call a truce. If you gently exfoliate, good things happen. Clogged pores open. Oxygen evicts acne-causing bacteria. Medicated ingredients rush in to accelerate treatment.

Clinique's new Acne Solutions™ Clear Skin System makes it happen, fast. Just cleanse, exfoliate, moisturize. Gentle enough to use twice a day, every day, without drying.

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CLINIQUE



1-2-3
Hair-free!

Hair Remover Wax Strip Kit



Just rub, peel, press. Even stubborn hair lifts off in seconds. Pre-waxed strips are pre-cut for brows, lips, bikini. Results last for up to 8 weeks.



FYI: Check out
our enviro survey
on page 118!

seventeen

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PAUL MITCHELL.

get **lauren's** look

No one works laid-back California style like Lauren—but you can look just as cute without the fancy zip code!



17 EXCLUSIVE!

Lauren designed this amazing scarf just for *Seventeen* readers. Get yours at shoplaurenconrad.com for just \$25—then watch a video on how to wear it (starring Lauren herself!) at seventeen.com/lc.

SEE MORE
OF LAUREN'S
NEW FASHION
LINE ON
PAGE 142!

color
your
world
your
way

Choose from over 200
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your back-to-school looks!

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Full bottle shown: **Chick Flick Cherry**

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try: Mark Good
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In Cameo Glo, \$6,
meetmark.com

try: I-Mark Custom
Pick Eyeshadow In Tikl,
\$4, meetmark.com

Best Bargains At The Mall (UNDER \$20)

earrings
GoJane, \$9,
gojane.com

necklace
Forever 21,
\$7, Forever 21
stores and
forever21.com

necklace
Lulu's Fashion
Lounge, \$11,
lulusfashionlounge.com

behind the scenes

COVER GIRL: Lauren Conrad

TRENDSETTING: She arrived at the shoot—set at her school, The Fashion Institute of Design & Merchandising—wearing a red-and-white tank top, skinny jeans, Havaianas flip-flops, and white plastic sunglasses.

MOM'S APPROVAL: Lauren's mom drove from Laguna Beach to see the shoot—it was the first time she got to see her daughter's clothing line!

Seventeen

615
Amazing
Makeover
Ideas!

**GET A
CUTE
BUTT**
Great Working Oil

**Pretty
Makeup
& Perfect
Hair**
(In Minutes)

**Don't Miss: Arrested For
Smoking Lip
With My Girlfriend**

Dress by Lauren Conrad Collection.
Earrings by Subversive by Justin Giunta.
Heart necklace by Juicy Couture. Charm
necklace by Patch NYC. Fashion Stylist:
Nicole Chavez. Hair: Campbell McAuley.
Makeup: Collier Strong. Manicure: Lisa
Jachno. Photographs: Andrew Macpherson.



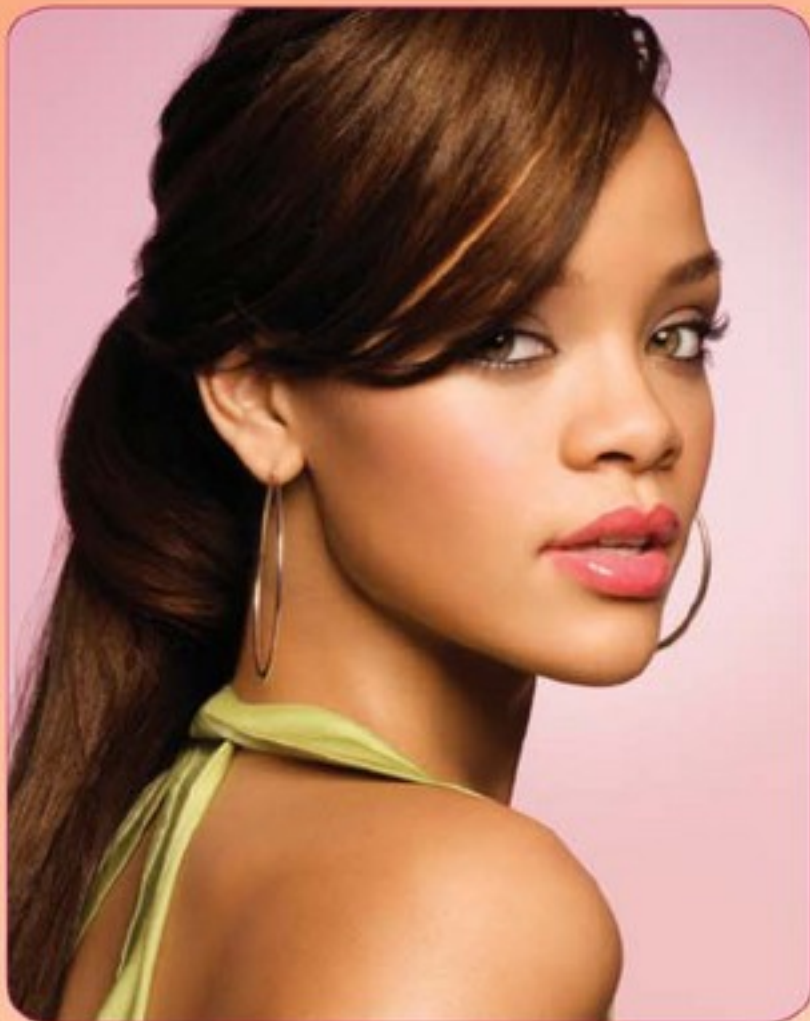
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COVERGIRL
Sparkle
in the spotlight
Music Contest

Rihanna got her big break in 2005 with the explosive rise of her debut album featuring songs she co-wrote. Now, she's a CoverGirl!

**SCORE YOUR BREAK WITH
SPARKLE IN THE SPOTLIGHT...**

Starting late November, YOU will vote for your favorite finalist on **seventeen.com/sparkle** to determine the winner!

One grand-prize winner will receive a(n):

- * Day in a professional studio in NYC to record her original song
- * CoverGirl makeover
- * Round-trip airfare for two
- * Two-night stay at a trendy hotel
- * Appearance in a future issue of Seventeen

Four finalists will score gift baskets filled with CoverGirl products!

HOW TO ENTER

Send a CD with your original song, a recent photo, and a 100-word description of your music inspiration and style, along with your name, address, phone number, e-mail address and date of birth to:

**CoverGirl "Sparkle in the Spotlight"
Music Contest
300 West 57th Street, 18th floor
New York, NY 10019**

Deadline for entries:
November 15, 2007

SHINE LIKE A ROCK STAR!

Wetslicks Fruit Spritzers gives you fruity shine without all that "sticky"! They come in 12 fruity flavors and give you sheer, shiny color! Wetslicks Fruit Spritzers are just what you need to sparkle in the spotlight!

OUR GIFT TO YOU!

The first 500 to purchase a CoverGirl Wetslicks Fruit Spritzers will receive a **\$10 iTunes gift card!**

Mail your receipt (or copy of) along with your name and address to:
CoverGirl Gift Giveaway, PO Box 1746, Sandusky, OH 44870



"SPARKLE IN THE SPOTLIGHT" MUSIC CONTEST RULES: No purchase necessary to enter or win. Contest is open to legal female residents of the U.S. who are 13-24 years of age at the time of entry. The contest begins on September 11, 2007. Entries must be postmarked by November 15, 2007. ARV of grand prize: \$10,000. ARV of four (4) finalist prizes: \$250 each. If the winner is under 18, her legal guardian must accompany her on the trip. For official rules, go to www.seventeen.com/check-it-out. Void in Puerto Rico and where prohibited by law. COVERGIRL GIFT GIVEAWAY: No purchase necessary to enter or win. A \$10 iTunes gift card will be awarded to the first 500 readers who submit their name, address and receipt (or copy of) for buying a CoverGirl Wetslicks Fruit Spritzers. Receipts will not be returned. You may also enter without a receipt by sending us a 3x5 card with your name, age, complete address, and telephone number. One entry per customer. While supplies last. Sponsors' decisions regarding order of receipt of requests are final. To receive notification that there is no longer a chance to receive the prize, send a self-addressed, stamped envelope to "CoverGirl Gift Giveaway" Promotion Department, 300 W. 57th St., 18th Floor, New York, NY 10019. ARV: \$10. Gift cards will be sent approximately 3 weeks after receipt of entry. Must be a legal resident of the US and DC. Void in Puerto Rico and where prohibited by law. iTunes and iTunes Music Store are registered trademarks of Apple Computer, Inc. Apple is not a participant in or sponsor of this promotion. SPONSORS OF CONTEST and GIVEAWAY: Hearst Communications, Inc. and Procter & Gamble

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Rihanna's flavor is Wetslicks Fruit Spritzers Raspberry Splash.
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easy breezy beautiful COVERGIRL





Hi!

There is something completely irresistible about the idea of a “makeover.” Who doesn’t want to **transform** herself with new clothes or makeup? Every year right about this time, I flop down in my hairstylist’s chair and tell her I’m **ready** for a big change. (Thanks for not letting me go too wild, Liz!) It’s just girly fun to **experiment**. This month we’ve got makeover ideas that are **quick** (page 72), **inexpensive** (page 44), and even **extreme** (page 162). But my favorite makeover idea is good for your **soul**: It’s Julie’s story on page 80. After her mom spent this year battling breast cancer, Julie wanted her to feel **pretty** again. So celeb makeup artist Sonia Kashuk (a breast cancer survivor herself) gave them both a new look *and* a new **outlook**. That, to me, is a *real* makeover—one that changes you on the outside and **inside**. How do you want to make yourself over? Fill me in at ann@seventeen.com.

PS: CHECK OUT MY **MAKEOVER!**

XOXO-A.

I had so much fun trying out looks in the *Seventeen* Salon! Get your own makeover at seventeen.com/salon.



glam!



sweet!



flirty!



retro!



rocker!



mom-approved!

WANT TO CREATE YOUR OWN NAIL **COLOR**?

Enter the CHANEL and SEVENTEEN Color of the Year Contest!

We want you to create a new nail color for the **CHANEL HOLIDAY 2008 collection**! Think about what the holidays mean to you, and then keep in mind the **classic** Chanel brand. Use whatever materials you have to create the perfect shade. Blend paints, smudge crayons, or mix polishes. You can even send in a piece of pretty material or a collection of shells or stones. The only rule: **Be creative**! Then tell us the name of your color and write a couple of sentences describing the inspiration behind your shade.

CHANEL will produce and sell the winning nail color. The winner will also get **\$1,000** worth of CHANEL beauty products, including the HOLIDAY 2008 collection. The deadline is 10/31/07. See page 170 for full entry details.





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events

Glam It Up! with L'Oréal Paris

Seventeen hosts a fun-filled afternoon of pampering with **L'Oréal Paris** stylists, special gift-with-purchase offers, freebies and much more!

L'Oréal Paris Store: Los Angeles, CA / Beverly Center
Saturday, September 29 (4-7 PM)

Spend the afternoon with Jive Records' rap phenomenon, **Lil Mama**! Meet the originator of the smash hit "Lip Gloss" LIVE when she stops by to take pictures, sign autographs and present songs from her new album!**



Meet & greet by Lil Mama in LA!

L'Oréal Paris Store: Farmington, CT / Westfarms Mall
Saturday, October 6 (2-5 PM)

Bring out your inner rockstar and show off your turntable skills with lessons from the Scratch DJ Academy. And rub shoulders with real life celebs, **Cute Is What We Aim For**, when they drop by for a special in-store appearance!**



Meet & greet by Cute Is What We Aim For in CT!

L' O R É A L PARIS

*While supplies last. **Event details subject to change.

Rock the Runway Style Search/Fashion Show/Concert Tour

Seventeen hits the road in search of stylish, dynamic girls to "**Get Discovered**" at our nationwide mall tour. The lucky winners will star in a *Seventeen* photo shoot and appear on *seventeen.com*! Check out a live concert and exciting fashion shows, plus take home tons of free goodies from our sponsors.

Alderwood Mall / Lynwood, WA
Saturday, October 13 (2-4 PM)

Atlantic Records
Recording Artist
Gia Farrell



"Get Discovered" Style Search line closes at 3:30 PM.

SPONSORS: Abreva, Art Institutes, Bamboo, Gracie on DVD, HBO, Michelle Footwear, Silver Jeans, Stayfree, Zinc

P.S. We're looking for girls and guys near Seattle, WA to model in our fashion shows. Please send your photo (including phone number, hometown, state, age, height, shirt, pant, and shoe size in an email) to checkitout@seventeen.com. Be sure to include "Rock the Runway" in the subject line!



30
DAYS
of fashion

shop & score & give

It's Breast Cancer Awareness Month Shop "pink" for a worthy cause!

Torrid has created a collection of "pink" fashion must-haves and is donating 20% of sales from these select items to the National Breast Cancer Foundation. To learn more, visit torrid.com.

In support of Torrid's fabulous initiative—and because these items are just too cute to miss—*Seventeen* is offering a free gift with your "pink" purchase of \$25 or more.*

Mail your receipt (or a copy of) to: *Seventeen* and Torrid Shop & Score, Attn: Merch Dept., 300 West 57th St, 18th Fl, New York, NY 10019

*Promotion valid 10/1/07 – 10/31/07. Receipts will not be returned, one entry per person. While supplies last.



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AND IN EVERYONE'S BAG?

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what you think!

We hear you: These are the
e-mails about the
August issue that got
us talking!

HOT TOPICS
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readers
are talking
about



BE IN THE MAG!
See your letter in
Seventeen! Tell
us what you think of
this issue at
seventeen.com/mail.

STUFF ON DUFF



At first I wasn't thrilled to see Hilary Duff on the cover. But after I read the article, I completely **changed** my mind about her. She seems so real, and she has the same boy and family problems that we all do. She handled her breakup with such confidence and **dignity**, and for that, I truly respect her. I hope she reads this because I want to say congrats and stay **strong**, Hilary! You're a great role model.

—liz, 15, cleveland, oh

I'm pretty disappointed with your cover story about Hilary's "most **devastating** year." I'm well aware that it's difficult to have your parents go through a divorce—I've gone through the same thing this year. But really, her "most devastating year" kind of makes me laugh. Didn't she break up with Joel Madden? Girls should hardly consider this such a **tragedy**. Try losing your childhood home, having your brother sent to Iraq, or losing someone you love in a car accident. We don't need spoiled celebs making a normal day for us seem like a train **wreck**. Let's try to be a little more realistic, shall we?

—meredith, 18, walpole, me

HONEST APPROACH



After reading the survey on virginity ["Are You Sure You're Still a Virgin?"], I was a little disappointed to read that anyone can **choose** her own

definition of virginity. Isn't that a little misleading? I know I'd be completely **ticked off** if I were dating a guy who told me he was a virgin and I later found out he'd had oral and anal sex. Bottom line is that if he's had sexual contact, then I'm at risk for **STDs**. It's completely unfair, unhealthy, and irresponsible not to tell the whole truth to your partner about what you've done. If you think you're still a virgin, fine, but you'd better be clear with your partner about your **definition** of virginity.

—karlyn, 20, ford city, pa

STOP DATING VIOLENCE

Is someone you know in an abusive relationship? On Tuesday, **September 25**, Ann Shoket, *SEVENTEEN*'s editor-in-chief, will be discussing **teen dating violence** with radio talk show hosts across the country as part of Liz Claiborne's "**It's Time to Talk Day**." Also speaking out is *SEVENTEEN* reader **Kristie Carter**, who will discuss her own experience in an emotionally abusive relationship and how she received **help**. Check out seventeen.com for local station listings, and visit loveisnotabuse.com for information about how you too can raise awareness about this important issue!

TURN for more letters! →



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Adriana is wearing Dream Matte™ Mousse Foundation in Natural Beige, one of four new shades. ©2007 Maybelline LLC, DIST.

beauty

GET A PERFECT BLOWOUT!

17 wireless poll

Do you blow-dry your hair every day?

62% yes
38% no

ROUGH ROADS



Thanks for the article on car crashes and the **importance** of wearing a seat belt ["Are You a Dangerous Driver?"]. This past April, three of my friends and I were involved in a really bad car accident on the way home from prom. Not all of us were wearing our seat belts, but **luckily** we were all okay.

—melissa, 17, marietta, ga

INNER HAPPINESS

I learned a lot from the Confidence Coach article ["Have Your Best Year Yet!"]. Near the end of the school year, I felt **unhappy** a lot of the time and didn't want to hang out with

friends because I was so overly self-conscious. I avoided doing activities I normally enjoyed because I didn't want to draw **attention** to myself. Every morning I had a war with the mirror. At the end of the year, I settled on wearing just sweatpants and T-shirts to school. I finally **realized** it was because I had no confidence in myself—despite the good things everyone else thought about me. Seeing this Confidence Coach article showed me that other girls must feel the same self-doubt. Thank you for putting in realistic and **helpful** tips that allowed me to see that I can have my best year ever!

—arianna, 16, michigan

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own unique look. If you are confident and love to be the center of attention, then the **2008 SEVENTEEN Reader Model Contest** is your chance to be discovered! After you enter, help us find hot guys by encouraging your friends to participate. Each winner will be featured in a SEVENTEEN fashion story and will score a \$10,000 modeling contract with Ford Models!

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From Left: Morgan & Co. \$89.99, City Triangles \$69.99, Masquerade \$89.99, Morgan & Co. \$89.99

fashion

show off your

BAG

A great bag can make your whole look. Here are the four hottest new shapes—and the best ways to wear them!

“I love all kinds of bags—little ones for when I go out, and big ones for days when I’m carrying around my life!”

—sarah, 19

THE TREND

long-strap pouch

Wear a **formfitting outfit** so your cute bag doesn’t get lost in layers of clothes!

bag
Nine West, \$69,
Nine West stores.

top
Sizes S–L,
Derek Heart, \$10,
Burlington Coat
Factory stores.

shorts
Sizes 25–32,
Anoname, \$69,
anoname.com.

earrings
Gorjana, \$70,
gorjana.com.

necklace
Forever 21,
\$7, Forever 21
stores and
forever21.com.

bracelets
Fiesta, \$10 for set
of seven, Maurices
stores and
maurices.com.

ring
Icing, \$5, Icing
byclaires.com.

tights
Sizes 1–5, Hue,
\$11, Nordstrom
and hue.com.

THE TREND
oversize
tote

A bag this big and bold works best with a **simple dress** that won't compete for attention.

bag
Victoria's Secret Catalogue, \$98, victoriassecret.com.
dress
Sizes XS-XL, Old Navy, \$30, Old Navy stores.
earrings
Windsor Stores, \$7, Windsor Stores and windsorstore.com.
necklaces
Pearl-and-chain-link necklace, Icing, \$9, Icing stores; long necklace, MixIt by JCPenney, \$18, JCPenney and jcp.com.
bracelet
Claire's, \$4, Claire's stores and claires.com.

THE TREND
patent
hobo

This trendy bag needs a fashion-y outfit, like a **mod jumper** with platforms.

bag
Rampage, \$89, rampage.com.
dress
Sizes S-L, Alice Temperley for Target, \$80, Target.com.
top
Sizes S-L, Body Glove, \$58, bodyglove.com.
necklace
K + K Creative, \$12, kkcreative.com.
bracelets
Forever 21, \$4 each, Forever 21 stores and forever21.com.
tights
Sizes 1-5, Hue, \$11, Nordstrom and hue.com.
shoes
Sizes 6-11, Colin Stuart for Victoria's Secret Catalogue, \$70, victoriassecret.com.



bag
Nima Accessories, \$45, lulufashionlounge.com.
dress
Sizes XS-XL, Old Navy, \$37, Old Navy stores.
earrings
Forever 21, \$5, forever21.com.
necklaces
Charm necklace, K + K Creative, \$14, kkcreative.com; heart necklace, Deb, \$8, select Deb stores; bead necklace, Claire's, \$7, Claire's stores and claires.com.
bracelets
Polka-dot bracelet, Akademiks, \$20, manalive.com; black bracelet, The Limited, \$19, select Limited stores.
tights
Sizes 1-5, Hue, \$11, Nordstrom and hue.com.
shoes
Sizes 6-11, Colin Stuart for Victoria's Secret Catalogue, \$70, victoriassecret.com.

THE TREND
studded
bucket

A rock-star bag and a **soft sweaterdress** make a great tough-and-sweet combo.



VIDEO

Ever wonder what other girls stuff in their bags? We show you at seventeen.com/bags!

break the **style** rules

Some fashion rules were *made* to be broken. So forget everything you thought was a no-no—with these tips, you'll be the best-dressed rebel around!

RIGHT WAY

WRONG WAY

rule #1

can
tall girls can't wear miniskirts.

You might think a mini would make you look like a beanpole, but if you go with a full, **flouncy** shape and pair it with cute **flats**, you won't look lanky.

A long shirt balances a short skirt.

The skirt should hit right at the mid thigh—it's just enough leg.

"Even with long legs, I love that I can get away with a short skirt!"
—tessa, 19



top Sizes XS–XL, Roxy, \$40, roxy.com.
skirt Sizes 3–13, Love Tease, \$34, lovetease.com.
necklace Forever 21, \$8, forever21.com.
bracelets Brown bangle, Jola, \$7, lulufashionlounge.com; beaded bracelet, Claire's, \$7, Claire's stores and claires.com.
tights Sizes 1–5, Hue, \$11, Macy's and hue.com.
shoes Sizes 6–10, Mossimo for Target, \$25, select Target stores and target.com.

top Sizes XS–L, Forever 21, \$15, Forever 21 stores and forever21.com.
skirt Sizes 3–13, Love Tease, \$34, lovetease.com.
bag Express, \$50, select Express stores.
shoes Sizes 6–10, Mia, \$60, miashoes.com.

top Sizes XS–L, So Low, \$77, solowstyle.com.
skirt Sizes XS–XL, Paul Frank, \$52, paulfrank.com.
bag Forever 21, \$9, Forever 21 stores and forever21.com.
shoes Sizes 5–11, Guess? by Marciano, \$99, Guess? stores and guess.com.

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advocate for people
with disabilities
(and try to ace my
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RIGHT WAY



"I like these jeans because they're not stretchy—the stiff denim helps hold me in!"
—jane, 17

Flats make dressy jeans more casual.

WRONG WAY



Look for shirts that fall right... here, just below your hip!

rule #2

bootylicious girls ^{can} can't wear skinny jeans.

Slim-fit jeans can make you look too round in the tush. But **long shirts** that hit at the top of your back **pockets** show just enough of your shape.



hoodie Sizes XS–XL, Uniqlo, \$30, 877-4UNIQLO.
top (underneath), sizes XS–XL, Hurley, \$28, hurley.com.
jeans Sizes 24–32, Mavi, \$98, 866-MAVI-575.
bracelets Jola, \$9 each, lulufashionlounge.com.
shoes Sizes 5–11, Guess? by Marciano, \$99, Guess? stores and guess.com.

hoodie Sizes S–XL, Old Navy, \$17, oldnavy.com.
top (underneath), sizes S–XL, Self Esteem, \$28, Macy's.
jeans Sizes 1–13, Dollhouse, \$45, dollhouse.com.
bag Harajuku Lovers, \$84, Macy's.
sneakers Sizes 6–11, K-Swiss, \$65, kswiss.com.

hoodie Sizes S–XL, L.e.i., \$32, Kohl's and JCPenney.
top (underneath), sizes S–XL, Mighty Fine, \$33, choiceshirts.com.
jeans Sizes 24–32, Pepe Jeans London, \$68, Macy's.
bag Roxy, \$30, Quiksilver/Roxy stores and roxy.com.
sneakers Sizes 5–12, Nike, \$55, niketown.com.

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BEVIN

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XOXO,
Bevin

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STACY

Sally Hansen Lacquer Shine Nail Color

Sally Hansen's **NEW Lacquer Shine Nail Color** has an unprecedented depth of color and dramatic shine with a formula that's fortified with real silk to strengthen and protect my nails. Even better, the dazzling palette of the deepest, richest shades will keep my nails beautiful all season!

XOXO,
Stacy

Sally Hansen
beauty that works



PAULA

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XOXO,
Paula

wet n wild
U.S.A.



Celeb Q & A with Ben Jelen

Seventeen sits down with singer-songwriter Ben Jelen. Look out for Ben's hit single "Where do we go" off his new album "Ex-Sensitive" and read on to learn about Ben's environmental message and what he's listening to on his iPod.

Q What inspired you in creating your new album?

A In the time leading up to "Ex-Sensitive," I had been thinking a lot about matters that affect our world, such as globalization, the environment and the process of life — these issues are all present in my new record. "Ex-Sensitive" is a word for how someone might have been before being overexposed in this fast-paced world in which we live.

Q What message about the environment would you like readers to come away with?

A I am really glad that the environment and global warming are finally issues that are receiving media attention, as it is a cause I've been involved with and am extremely worried about. I want to do what I can through my music to help people understand the changes they can make in their own lives to help the environment.

Q What music are you listening to on your iPod?

A Don Henley, Pink Floyd, Howie Day and The White Stripes



celeb q & a

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NOW!

RIGHT WAY

"The Empire waist is so flattering—it glides right over my stomach!"
—katherine, 18

WRONG WAY



rule #3

can curvy girls can't wear bold prints.

Think prints draw negative attention to your curves? Think again. A **dark background** with a **fitted shape** is totally flattering—and slimming!

An Empire waist hides a curvy tummy.

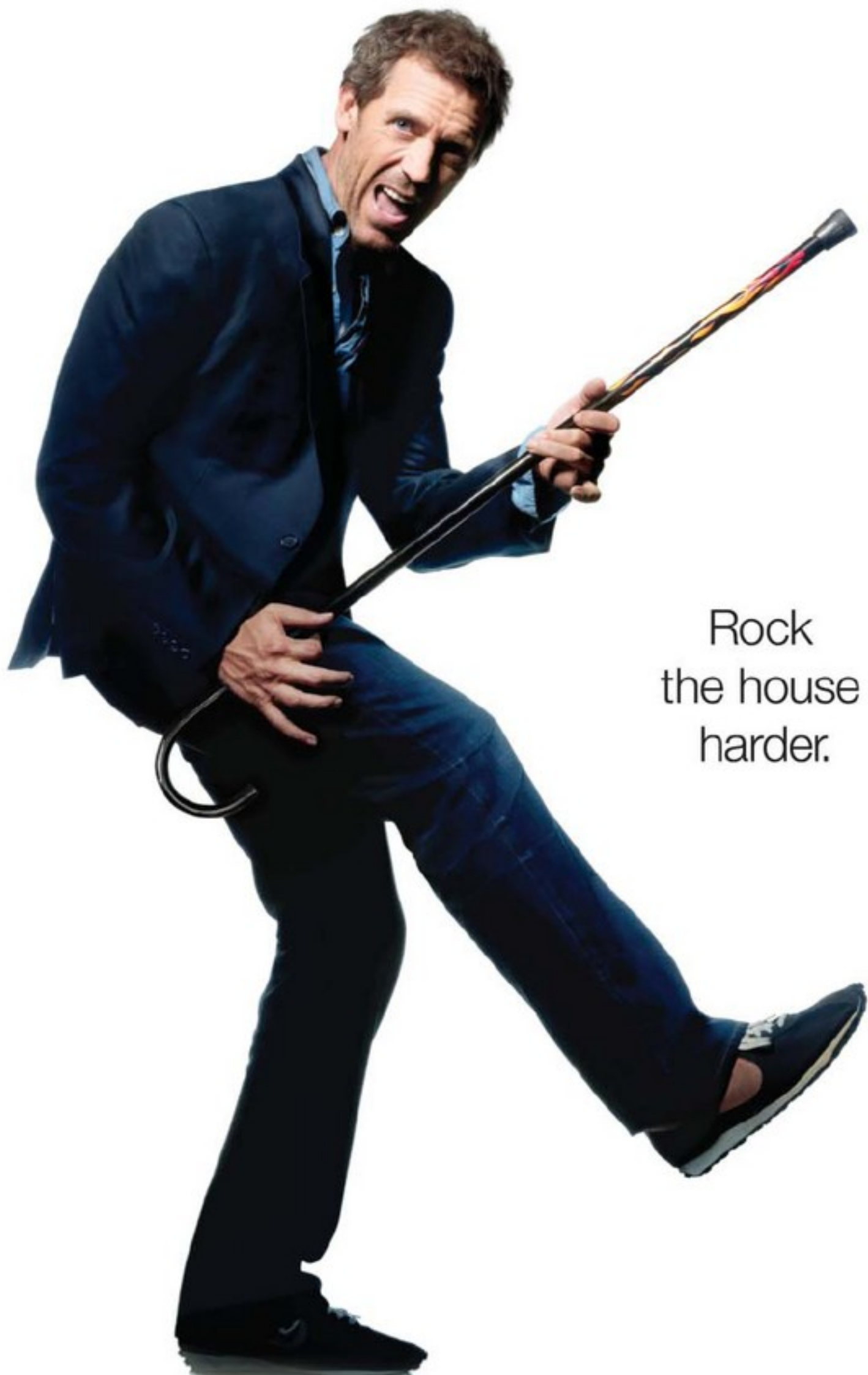
High heels elongate your figure!

dress Sizes 0X–5X, Kiyonna, \$118, kiyonna.com.
earrings Forever 21, \$5, forever21.com.
necklaces White bead necklace, Icing, \$5, Icing stores and claires.com; gold necklace, Forever 21, \$8, forever21.com.
bracelets Orange bead bracelet, Icing, \$6, Icing stores; gold bracelets, Claire's, \$7 for set of 12, Claire's stores and claires.com.
ring Charlotte Russe, \$4, select Charlotte Russe stores.
shoes Sizes 5–11, Nine West, \$89, Nine West stores.

dress Sizes S–XL, Soulmates, \$59, Dillard's.
necklaces Key charm necklace, Jola, \$12, lulusfashionlounge.com; butterfly necklace, Claire's, \$9, Claire's stores and claires.com.
bag Rock Candy, \$18, Burlington Coat Factory stores.
shoes Sizes 6–10, Mia, \$69, miashoes.com.

dress Sizes 0X–5X, Torrid, \$58, torrid.com.
necklaces Black-and-gold necklace, Forever 21, \$7, forever21.com; heart necklace, Jola, \$8, lulusfashionlounge.com.
bag Wet Seal, \$15, select Wet Seal stores.
shoes Sizes 5–10½, Jessica Simpson Footwear, \$89, Macy's.

TURN for more rule breakers! ➔



Rock
the house
harder.

HOUSE M.D.

9/25 **FOX**
TUE 9/8c

RIGHT WAY



WRONG WAY



rule #4

petite girls ^{can} wear wide-leg jeans.

Wide jeans don't have to overwhelm you. The trick is to wear them with a **cropped sweater** and a fitted tee so they don't look frumpy. (**Heels** help too!)

A long necklace makes you look longer too!

Loose jeans should still hug your thighs—this cut is more flattering.

"I thought I'd get lost in wide-leg jeans, but with heels I can totally pull them off!"
—marissa, 16



jacket Sizes XS–XL, Kersh, \$88, kersh.ca.
top (underneath), sizes XS–L, Split, \$24, select Nordstrom.
jeans Sizes 1–13, Younique, \$35, youuniqueclothing.com.
earrings K + K Creative, \$14, kkcreative.com.
necklaces Yellow necklace, Claire's, \$7, Claire's stores and claires.com; flower necklace, Forever 21, \$6, forever21.com.
bangles Red and brown ribbon bangles, Rachel Leigh, \$40 each, rachelleigh.com; brown bangle, Forever 21, \$6, forever21.com.

sweater Sizes S–L, Sisley, \$69, 800-535-4491.
top Sizes XS–XL, Fox, \$26, Gottschalks and Tilly's stores.
jeans Sizes 0–13, Split, \$46, splitusa.com.
bag Nicole Fashions, \$48, lulufashionlounge.com.
shoes Sizes 5–10, Charles Albert, \$25, cutesygirl.com.

jacket Sizes S–XS, Maurices, \$36, 888-255-1557.
top Sizes S–L, BB Dakota, \$22, Up Against The Wall stores.
jeans Sizes 25–32, See Thru Soul, \$78, seethrusoul.com.
bag Amici Accessories, \$42, amiciaccessories.com.
shoes Sizes 5–10½, Jessica Simpson Footwear, \$69, Macy's.

TURN for more rule breakers! →



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RIGHT WAY

Cute details show off your bust without showing cleavage.

WRONG WAY



rule #5

can bust girls can't wear baby-doll tops.

The loose shape can look sloppy over your curves, but a **skinny belt** cinches you in and shows off your waist! Boot-cut jeans **balance** your bottom half.

A belt gives you instant hourglass curves!

"This shows my shape without being too sexy—I could wear it to go out or to dinner with my parents."
—amanda, 19

WEB EXTRA

Which celebs didn't pull off breaking the fashion rules? Find out at seventeen.com/rules.



top Sizes S–XL, Forever21, \$20, forever21.com.
jeans Sizes 24–32, Big Star, \$94, buckle.com.
belt Sizes S–XL, Jola, \$8, lulusfashionlounge.com.
shoes Sizes 6–10, Naughty Monkey, \$70, zappos.com.

top Sizes XS–XL, Roxy, \$40, roxy.com.
jeans Sizes 24–33, Buckle, \$74, buckle.com.
belt Sizes S/M and M/L, Forever 21, \$8, forever21.com.
bag Nicole Fashions, \$38, lulusfashionlounge.com.
shoes Sizes 6–10, Michael Antonio, \$25, select Deb stores.

top Sizes XS–XL, Fox, \$38, fox-girl.com.
jeans Sizes 0–13, Bongo, \$40, bongo.com.
belt One size, Wet Seal, \$9, Wet Seal stores.
bag Express, \$39, select Express stores.
shoes Sizes 5–10, Bakers, \$55, Bakers stores.

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in 2 u

fill your jewelry **box**

These cute baubles may be cheap, but you'll look totally chic.

\$20
& under

Forever 21

These geometric picks give any outfit a fun, mod vibe (at low 1960s prices too!).

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\$5

bangle
\$5



\$4

ring
\$4



\$8

earrings
\$8



\$4

bangles
\$4 for set of three



\$7

necklace
\$7

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All items are available at girlprops.com.



\$8

necklace
\$8



\$15

earrings
\$15



\$8

ring
\$8

\$10

necklace
\$10

\$6

ring
\$6



\$10

necklace
\$10



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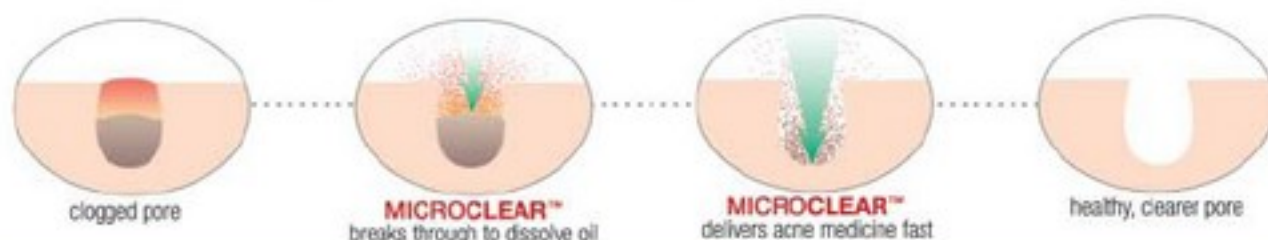
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Steve & Barry's

Brighten your wardrobe with hearts and cute little animals. (The only thing sweeter is the price!)

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\$6
necklace
\$6

\$6

necklaces
\$6 each

ALL
FROM
dear
BY amanda bynes



\$6

bangles
\$6 each

\$6

earrings
\$6

\$6

necklace
\$6

JCPenney

Gold tones and earthy colors feel sophisticated—and only look expensive.

All items are available at JCPenney and jcp.com.

\$18

bangle
Mixit by
JCPenney, \$18

\$18

earrings
Mixit by
JCPenney, \$18

\$18

necklace
Worthington by
JCPenney, \$18

\$15

necklace
Worthington
by JCPenney,
\$15

\$18

bangle
Mixit by
JCPenney, \$18

WEB EXTRA

Love what you see here? Buy all of these accessories online at seventeen.com/shop.



ALDO



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Nathalie, Thecla, Olena and Katie were treated to a fun-filled weekend in New York City, a \$250 Aéropostale shopping spree and their very own photo shoot courtesy of Aéropostale.

AÉROPOSTALE



CONGRATULATES
SEVENTEEN'S

**Best
Dressed**

GIRLS

make over my man!

These boyfriends needed style help! Should *your* guy take notes? **BY** elisa benson



she says

“I love Andrew’s laid-back, sporty look—but the sweats have got to go. No more gym clothes—I want him to clean up!”

—brittany, 16



seventeen says

go from
k-fed
to
zac efron

what to tell him:

- ✓ A bright, fitted knit shirt will show off your body... but it *feels* like a sweatshirt. Win-win!
- ✓ Cotton pants are a step up from sweats but still comfortable and roomy.
- ✓ Sneakers in an unexpected color look cool and edgy—not like you’re going to work out.

he'll ♥ these:

Sneakers are a boy-style staple... and the print is bad-a**!

A striped collared shirt is a smidgen preppy but still sporty.



sneakers
Sizes 5-14, Etnies,
\$40, etnies.com

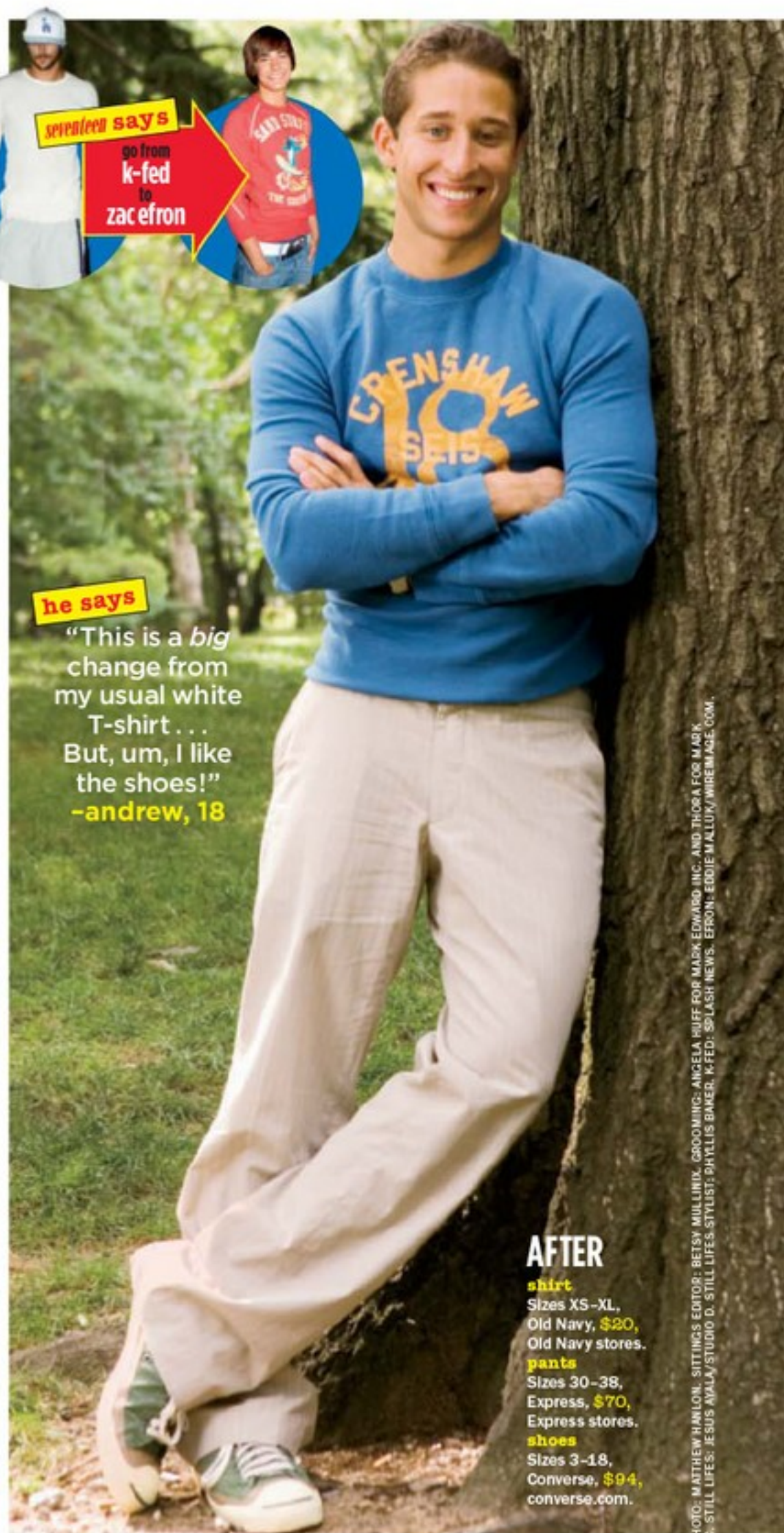


polo shirt
Sizes XS-XXXL,
Lacoste, \$88,
lacoste.com

seventeen reader reward

Receive **20% off** these Etnies sneakers at **etnies.com!**

Enter promotional code **17** at checkout. Expires 10/15/07.



he says

“This is a *big* change from my usual white T-shirt... But, um, I like the shoes!”

—andrew, 18

AFTER

shirt
Sizes XS-XL,
Old Navy, \$20,
Old Navy stores.
pants
Sizes 30-38,
Express, \$70,
Express stores.
shoes
Sizes 3-18,
Converse, \$94,
converse.com.

REAL GUY PHOTO: MATTHEW HANLON. SITTINGS EDITOR: BETSY MULLINIX. GROOMING: ANGELA RUFF FOR MARK EDWARDS INC. AND THORA FOR MARK EDWARDS INC. STILL LIVES: JESUS AVILA/STUDIO D. STILL LIVES-STYLIST: PHYLIS BAKER. K-FED: SPLASH NEWS. EFRON: EDDIE MALLUK/WIREIMAGE.COM.



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70% curvier
80% visibly longer lashes

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REVLON®



she says

“Solomon has a rapper style . . . but does he *always* have to wear baggy clothes? Something that fits, please!”

—julie, 17



BEFORE



seventeen says

go from
50 cent
to
usher

what to tell him:

- ✓ A bold and bright T-shirt will gain you instant style cred. (Psst: Let *him* pick the shade!)
- ✓ A jacket looks good if it's a *little* baggy but not oversize—it should hit you at the hips.
- ✓ Jeans should just touch the top of your shoes—so cool shoes are a great idea too!

he'll love these:

jacket
Sizes S-XXL,
Adidas, \$75,
shopadidas.com

Classy
suede boots
immediately
clean up
any outfit.

A striped
track jacket
is trendy but
not cheesy.

boots
Sizes 7-13, Clarks
Originals, \$120,
clarksusa.com

he says

“I never wear fitted clothes, so this shirt made me feel like a model. After this shoot, I started working out!”
—solomon, 18

AFTER

hoodie
Sizes M-2X,
Southpole, \$50,
JCPenney.
shirt
(underneath),
sizes S-XXL,
Zoo York, \$28,
zumiez.com.
jeans
Sizes 29-40,
DKNY, \$70,
select Macy's.
shoes
Sizes 4-14, Rod
Laver by Adidas
Originals, \$60,
shopadidas.com.

WEB EXTRA

See how *Seventeen* readers made over their boyfriends at seventeen.com/boyfriend.

seventeen reader reward

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Marichi Mani

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Bongo is sold at Kohl's, Sears and JCPenney. Check out bongo.com for more great styles that you will ♥!

No purchase necessary. Open to legal residents of the 50 United States and the District of Columbia. Program details, subject to change. *Accessories may not be available. Prize value \$250.



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GRACIE



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Marissa K
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17 suggests

quinceañera

the cutest... flats!

Their heels may be low, but these adorable shoes are high on comfort and style!



3



1



15



16



4



14



5



WEB EXTRA

Like what you see?
Buy all of these
shoes at
seventeen.com/flats.



6



13



7



8



12



11



9



10

1. bows

Sizes 5½-10, Volatile,

\$45, cutesygirl.com. 2. jeweled

Sizes 6-11, Nine West, \$79, Nine West stores

and nynwest.com. 3. red Sizes 5½-10, Bamboo,

\$20, cutesygirl.com. 4. yellow Sizes 6-10, Steve Madden,

\$49, lulusfashionlounge.com. 5. floral Sizes 5½-10, Michael

Antonio, \$25, cutesygirl.com. 6. satin Sizes 5½-10, Charles

Albert, \$20, cutesyshoes.com. 7. blue Sizes 6-11, L.e.I. Footwear,

\$40, 800-999-1877. 8. buckled Sizes 5½-10, Soda, \$30, gojane.com.

9. glitter Sizes 6-10, Shlekh Shoes, \$40, shlekhshoes.com.

10. pleated Sizes 6-10, Aéropostale, \$33, Aéropostale stores.

11. knit Sizes 5-12, American Eagle exclusively Payless, \$17, Payless

ShoeSource stores and payless.com. 12. leopard Sizes 35-40, Juno

New York, \$98, junoshoes.com. 13. snake print Sizes 5-11,

Isaac Mizrahi for Target, \$30, select Target stores and target.com.

14. patent-leather toe Sizes 5-11, Miss Bisou for

JCPenney, \$45, JCPenney and jcp.com. 15. white

cutout Sizes 5½-11, Mia, \$49, mlashoes.com.

16. pointy toe Sizes 5½-10, Classified,

\$13, Joyce Leslie stores.



REPORT FOOTWEAR
reportshoes.com

update your look!

You're stuck in a fashion rut (yes, you!)—but with these tricks, you can break your boring routine without having to give up your signature style.

BEFORE



PROBLEM

"I always wear black." —julie, 17

SOLUTION

All black can look gloomy, so brighten up your wardrobe (and your face!) with just one or two accents of color.

17 tip:

If you can't let go of your favorite black dress, add personality with pink leggings!

dress

Sizes XS–XL, Uniqlo, \$50, uniqlo.com.

top (undereath), one size, Alternative, \$45, alternativeapparel.com.

necklaces

Pink necklace, Jola, \$9, lulusfashionlounge.com; charm necklace, K + K Creative, \$16, Nordstrom.

bracelets

Thick bangle, Candle's, \$12, Kohl's; blue glitter bangles, Girlprops, \$8 for set of three, girlprops.com; faceted bangles, Girlprops, \$2 each, girlprops.com.

leggings

Sizes S/M and M/L, We Love Colors, \$15, welovecolors.com.

shoes

Sizes 6–11, Me Too Shoes, \$79, metooshoes.com.

17 tip:

Don't be afraid of a blue jacket! If it's worn over your basics, you won't feel out of your comfort zone.

jacket

Sizes XS–L, Alice Temperley for Target, \$45, Target stores.

top

Sizes XS–XL, Roxy, \$40, roxy.com.

jeans

Sizes 0–13, Z Co. Jeans, \$48, Macy's.

earrings

Claire's, \$7, Claire's stores.

necklaces

Charm necklace, Bombshell by Sarah Niska, \$68, bombshelljewelry.com; blue stone necklace, Forever 21, \$5, Forever 21 stores and forever21.com.

bracelets

Icing, \$8 for set of 12, Icing stores and Claire's stores.

ring

Forever 21, \$4, Forever 21 stores and forever21.com.

17 tip:

A yellow belt pops against a dark dress and draws attention to your waist!

dress

Sizes S–XL, Maurices, \$29, maurices.com.

earrings

Windsor Stores, \$7, Windsor stores and windsorstore.com.

belt

One size, Fred Flare, \$12, fredflare.com.

bracelets

Brown bangle, Ana Accessories, \$7, lulusfashionlounge.com; red bracelets, Icing, \$4 for set of three, Icing stores and Claire's stores.

tights

Sizes 1–5, Hue, \$11, Nordstrom and hue.com.

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BEFORE



PROBLEM

"I'm bored with plain old jeans and tees." —Jay, 18

SOLUTION

You can keep your basic look—all you need to do is add some fun layers and cool jewelry to spice things up!

17 tip:

A playful necklace makes a simple T-shirt and jeans look designer.

top
Sizes XS–XL, Arizona by JCPenney, \$10, JCPenney.

jeans
Sizes 0–17, L.e.l., \$35, Macy's.

necklace
Rachel Leigh, \$99, rachelleigh.com.

bangle
Zad, \$9, lulusfashion lounge.com.

shoes
Sizes 5–10, A.n.a. by JCPenney, \$50, JCPenney and jcp.com.



17 tip:

A chunky sweater and a wide belt add up to an easy transformation.

cardigan
Sizes XS–XL, Old Navy, \$30, Old Navy stores.

top (underneath), sizes XS–XL, Fox, \$34, fox-girl.com.

jeans
Sizes 25–33, !It Jeans, \$74, Nordstrom.

necklace
Forever 21, \$6, forever21.com.

belt
Sizes S/M and M/L, Mandee, \$12, mandee.com.

bangle
Ana Accessories, \$7, lulusfashion lounge.com.



17 tip:

Layer a cotton tunic over your basic tee for a sophisticated twist.

dress

Sizes XS–L, Ezekiel, \$46, Nordstrom.

top Sizes S–XL, American Apparel, \$16, americanapparel.net.

jeans
Sizes 1–15, Lady Enyce, \$69, Macy's.

necklace
Forever 21, \$7, Forever 21 stores and forever21.com.

belt
Sizes XS–L, The Limited, \$36, The Limited stores.

shoes
Sizes 5–11, Franco Sarto, \$79, Nordstrom.



TURN for more looks! ➔



LUXIRIE

by LRG

www.luxirie.com

BEFORE



PROBLEM

"I can't live without my sweats!" —jessica, 16

SOLUTION

Everyone loves to feel comfy—but *sloppy* is no good. Keep the layers fitted and add accessories to look even cuter!

thermal top

Sizes XS-L, Heritage 1981, \$14, forever21.com.

top (underneath), sizes S-L, Element, \$42, amogirls.com.

jeans

Sizes 0-17, L.e.l., \$34, JCPenney.

necklace K + K Creative, \$12, kcreative.com.

shoes

Sizes 5-11, Dollhouse Footwear, \$55, zappos.com.

17 tip:

Layered knit tops feel great, and skinny jeans and flats make them look polished.

hoodie

Sizes XS-L, Forever 21, \$18, forever21.com.

top Sizes XS-L, Victoria's Secret PINK, \$33, vspink.com.

jeans

Sizes 0-12, Armani Exchange, \$98, armanlexchange.com.

earrings

Wet Seal, \$4, Wet Seal stores and wetseal.com.

necklace

Forever 21, \$6, Forever 21 stores and forever21.com.

17 tip:

A hoodie is cuter when it's slightly fitted and shows off your arms.

top

Sizes 00-18, American Eagle Outfitters, \$40, ae.com.

skirt

Sizes 0-11, Fox, \$52, fox-girl.com.

leggings

Sizes XS-XL, Fox, \$28, fox-girl.com.

scarf

V. Fraas, \$18, select Macy's.

necklace

Claire's, \$8, Claire's stores.

17 tip:

Thermals are as comfy as sweats, but under a mini they actually seem sexy!



WEB EXTRA

Get out of your own style rut with tips from our fashion editors at seventeen.com/nl.

WILD DiVa

by Legend Footwear

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Available Online Exclusively At  cutesygirl
www.cutesygirl.com

beauty

“Jessica’s look is so pretty for day or night; I love that I don’t look totally made-up.”

—rachael, 18



jessica alba

Get her golden glow and long, pretty waves.

17 EXPERTS: Monika Blunder, celebrity makeup artist, and Robert Ramos, celebrity hairstylist and co-owner of Estilo Salon in Los Angeles, CA, are Jessica's beauty team.

your **star** style guide

There may not be a red carpet anywhere near your hometown, but you can still get an A-list look. The pros behind three hot celebs show you just how easy it is! **by nicole pearl**

Makeup

Hair



face

Get Jessica's glowing skin: Mix a quarter-size amount of liquid bronzer with your foundation and apply all over.

try: Victoria's Secret Very Sexy Liquid Liner Pen in Blackout, \$12, victoriasecret.com

eyes

To make your eyes really pop, line just your upper lashline, drawing a thicker line toward the outer lashes.

try: Revlon Super Lustrous Lipgloss in Coffee Gleam, \$7, drugstores

lips

Jessica's glittery mocha gloss will look just as pretty on you! Dab more in the center so your lips look fuller.



spray

Even the flattest hair will get serious body with a volumizer. Spritz on damp roots, scrunch, and air-dry.

try: Infiniti by Conair Tourmaline Ceramic 1" Curling Iron, \$30, drugstores

curl

For loose waves, wrap dry hair around a 1" curling iron with the barrel closed and hold for 10 seconds.

set

For Jessica's beachy look, work a tiny bit of lightweight texturizing cream through hair—it gives your curls separation and shine.

try: Tresemmé Anti-Frizz Secret Smoothing Crème, \$4, drugstores



TURN for more celeb looks! ➔

Makeup

eyes

Use a combination of gold (on lids), chocolate (in creases), and ivory (in the inner corner).

try: M.A.C Pigment Shadow, \$20 each, maccosmetics.com

cheeks

A peachy blush applied to just the apples, like on Scarlett, will give you that "I've been on vacay" glow.

try: L'Oréal Paris True Match super-blendable blush, neutral, \$10, lorealparis.com

try: Clinique Long Last Soft Shine Lipstick in Creamy Nude, \$14, clinique.com

lips

A creamy coral with the tiniest bit of shine will brighten up your whole face.

try: L'Oréal Paris True Match Super-Blendable Blush in Innocent Flush, \$10, drugstores

“My cheekbones totally pop, just like Scarlett’s! And I love the way my hair looks parted like this.”

—Khrystyna, 18

scarlett johansson

Re-create her radiant skin and pretty, pinned hairstyle.

17 EXPERTS: Gianpaolo Ceciliato, celebrity makeup artist, and Shay Ashual, celebrity hairstylist, are Scarlett's beauty team.

Hair

defrizz

Work an antifrizz serum through damp hair: Two or three pumps should seal out humidity and keep hair sleek.

try: John Frieda Frizz-Ease Original Formula Hair Serum, \$10, drugstores

polish

Blow-dry hair straight, then create your side part. Finish with a dab of polishing cream for extra shine.

try: Redken Outshine 01 Anti-Frizz Polishing Milk, \$16, redken.com for salons

pin

Pull front part of hair back and to one side, then clip with your prettiest barrette, like Scarlett does. Set with maximum-hold hairspray.

try: Herbal Essences Set Me Up Max Hold Hairspray, \$3, drugstores

TURN for more celeb looks! ➔

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★macy's



“Wow! My brown eyes have never looked so big. I’m feeling so glam and confident!”

—minolta, 19



rihanna

Get her smoky eyes and ultrasleek bob.

17 EXPERTS: Mylah Morales, celebrity makeup artist, and Ursula Stephen, celebrity hairstylist, are Rihanna's beauty team.

Makeup

eyes

The key to these sultry eyes is lots of mascara! After you apply black liner to top and bottom lashes, load on three coats.

try: Lancôme Hypnôse Mascara in Black, \$23, lancome-usa.com

cheeks

Get Rihanna's natural flush with a shimmery, deep pink blush. Dust on cheeks using a large brush.

try: Filrt Peek-A-Blush Sheer Powder Cheek Color in Crazy In Love, \$12, Kohl's

lips

Make your lips stand out with a punchy fuchsia. Blot, then reapply to make color last.

try: CoverGirl TruShine Lipcolor in Watermelon Shine, \$6, drugstores

iron

For super-straight hair like Rihanna's, glide a flat-iron through small sections. Three strokes should do it.

try: Remington T-Studio Teflon Fiber Slim Flat Iron, \$45, stylewithremington.com

prep

Comb hair into an off-center part. Next mist on a silicone-based heat protector from roots to tips.

set

Smooth any frizzies or flyaways with a tiny amount of sculpting wax on just those areas.

try: Bed Head Manipulator, \$17, salons

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won't show it.

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get clear skin!

Breaking out? We found four readers who feel your pain. **Dermatologist Amy Wechsler, M.D.**, customized regimens to get them (and you!) zit-free for good. *by desi gallegos*



Got pimples?

Then we've got solutions. Pick the category below that best matches you, then turn the page to see which regimen is right for your skin.

if you break out when you **sweat a lot...**

YOUR ZITS LOOK LIKE:

small white dots or black spots: Called whiteheads and blackheads, they start out tiny, but if you pick at them, they'll become big and inflamed.

WHAT CAN CAUSE THEM:

blocked pores: Both types are oil-clogged pores, but blackheads are closer to the surface and darkened by their exposure to air.

...turn to see
KAITANA

if you break out around your **period...**

YOUR ZITS LOOK LIKE:

small and red with a white center: Called pustules, they start as red dots but turn into inflamed lesions with a white pus-filled center.

WHAT CAN CAUSE THEM:

hormones: Right before your period when hormone levels are high, your skin produces too many zit-causing oils.

...turn to see
KARLA

if you get the occasional **red bump...**

YOUR ZITS LOOK LIKE:

small pink and red bumps: Called papules, these are round raised bumps all over your face that have become inflamed but don't form whiteheads.

WHAT CAN CAUSE THEM:

overtreatment: A clogged pore gets irritated and inflamed because of too much harsh scrubbing or too many acne products.

...turn to see
LIA

if you often get **big, painful** pimples...

YOUR ZITS LOOK LIKE:

large, hard bumps: Called nodules or cysts, they're oil-filled pimples that live deep under the skin and show up as swollen bumps (and can scar).

WHAT CAN CAUSE THEM:

genetics: Your glands make more pore-clogging oil than necessary. (Your parents may have had the same problem!)

...turn to see
ELINA

SHE'S ABOUT TO CHANGE THE RULES OF THE GAME

"If you liked
BEND IT LIKE BECKHAM,
you'll love *GRACIE*"
— Karen Berg, *OK! Magazine*

OWN THE DVD
September 18



Gracie has a big dream...to play boys varsity soccer! Join her as she takes on the school and her opponents in this inspirational tale of courage and girl power!

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PG-13

FOR BRIEF SEXUAL CONTENT

PICTUREHOUSE

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beauty: get clear skin!

KAITANA

Age: 19

My problem: "I'm a dancer, so I spend hours performing with heavy makeup and major sweat piling on my skin."

DOCTOR'S Rx:

a daily face wash: To kill the bacteria that causes acne, try one with benzoyl peroxide.

try: Neutrogena Clear Pore Cleanser/Mask, \$6, drugstores

a spot treatment: To unclog the gunk in pores, look for one with a high percentage of salicylic acid.

try: Vichy Normaderm Anti-Blemish Treatment Cream, \$16, drugstores



17 BLOG

Track these girls' skin transformations (and get advice for yourself) at seventeen.com/skinclinic.



LIA

Age: 16

My problem: "My skin is always oily. I wash and exfoliate all the time, but I can't get rid of the zits and the shine. Nothing seems to work!"

DOCTOR'S Rx:

a strong retinoid This gel unclogs pores by removing dead skin cells—use it just twice a week. It can also help dry up excess oils and reduce acne-causing bacteria, so you break out less.

try: Retin-A Micro, available by prescription



Check out the results of their new regimens in our **February 2008 issue!**

KARLA

Age: 22

My problem: "I originally went on birth control because my period was slightly irregular—but my breakouts got worse."

DOCTOR'S Rx:

a three-step system: Keep your skin under control all month long. Exfoliate and unblock pores with this cleanser/toner/moisturizer trio.

try: Clinique Acne Solutions Clear Skin System Kit, \$33, department stores

regulate hormones: Since Karla was already on birth control, changing to one that reduces her body's testosterone production will help manage breakouts.



ELINA

Age: 19

My problem: "I get these giant, painful breakouts—I've tried tons of medications but nothing seems to work."

DOCTOR'S Rx:

a mild retinoid: This will dissolve oil and reduce inflammation. Start using it twice a week for two weeks, then go up to once a day.

try: Differin 0.1% cream or gel, available by prescription

an oral antibiotic: This will dry up deep pimples and prevent new breakouts from forming.

try: Minocycline, available by prescription



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mini makeovers!

Tiny changes really can make a gorgeous difference! BY clair windsor



eyes

IF YOU HAVE

1
minute



brighten!

Dust a sparkling gold shadow on inner corners and lower lashline. Hello, bright eyes!
try: Jane EyeZing In Sungloss, \$3, drugstores

IF YOU HAVE

3
minutes



intensify!

Dip a damp angled brush into brown shadow, then line your top lids. Blend for a sultry smokiness.
try: Maybelline New York Expert Wear Eye Shadow In Crème de Cocoa, \$4, drugstores

IF YOU HAVE

5
minutes



add drama!

For a sexy cat's-eye effect, use a liquid liner on your upper lashline and extend slightly past outer edges. Meow!
try: L'Oréal Paris Lineur Intense Felt Tip Liquid Liner in Black Mica, \$9, drugstores

lashes

open up!

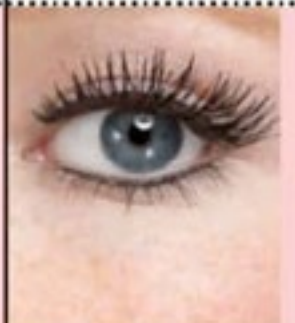
Curl lashes as close to the lashline as possible—then again in the middle—to look wide-awake (even on sleepy days).



try: Revlon Expert Effect Lash Curler, \$4, drugstores

lengthen!

Using a lengthening-formula mascara, put the wand at the very base of your lashes—drag it up to the tip.
try: L'Oréal Paris Lash Out Mascara in Black, \$8, drugstores



fake it!

Get super-long lashes with flirty falsies. Go to seventeen.com/lashes for a fast how-to video!
try: Andrea Mod Strip Lashes #53 in Black, \$4, drugstores



brows

groom!

Comb your brows up and out and watch your eyes pop. Spritz a little hairspray on the brush to help them stay in place all day.
try: Prestige Brow Lash Brush, \$2, drugstores



tweeze!

Tidy the area between the eyebrows and below arches by tweezing stray hairs. Now you're pretty and polished!

try: Tweezerman Slant Tweezer, \$20, drugstores



define!

With very soft, light strokes, pencil in the gaps between your brow hairs, then brush brows to soften lines.
try: Pantina Brow Whiz, \$8, drugstores



lips

pucker up!

Swipe on a lip plumper—it plays up your lips' natural shape.
try: Wet n Wild Mega Plump Plumping Lip Gloss in South Peach, \$4, drugstores



stand out!

Reddish gloss makes your lips look juicy and your skin look instantly brighter and healthier.
try: Max Factor Maxilicious Lip Glaze in Girls Night Out, \$7, drugstores



soften!

Rub this on lips with your fingers to get unbelievably soft lips. Bonus: It smells like sugar cookies.
try: Pout Sugar Lips Lip Exfoliator, \$24, Sephora stores



nails

add shine!

No time to polish? Don't sweat it. Apply a sheer quick-dry nail gloss—you'll look totally put together in an instant!
try: Sally Hansen Natural Shine Instant Nail Finish, \$8, drugstores



smooth!

Use a nail buffer with two surfaces—one to smooth ridges, one to add shine—and you can forget the polish!
try: Lippmann Collection Smooth Operator Nail Buffer, \$11, Bath & Body Works stores



tidy up!

Slather on a cuticle cream and push 'em back—this will prevent hangnails and make ragged edges disappear.
try: Kiss Treatment Cuticle Balm, \$2, drugstores



skin

get a glow!

A brightening moisturizer evens out your skin tone and gets rid of any blotches fast.
try: Aveeno Positively Radiant Daily Moisturizer SPF 30, \$18, drugstores



exfoliate!

This scrub has small beads that get deep into pores to slough away all the gunk that causes pimples.
try: Clean & Clear Morning Burst Shine Control Facial Scrub, \$6, drugstores



banish zits!

Use a glycolic acid peel once a week to clear your skin by unclogging pores. It also leaves you with a pretty glow!
try: Neutrogena Advanced Solutions Facial Peel, \$25, drugstores



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Merritt Kent
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meet the Sun-In®

Congratulations to Merritt Kent for looking good while doing good in her community! The Go for the Glow grand-prize winner sparkles with abundantly healthy, natural-looking and sunkissed highlights while painting city walls and planting trees in an effort to keep her Southern California community clean, fresh and green.

go for the
glow
winner

get the Go for the Glow look

- 1 Bring out your natural highlights with Sun-In's fun and flirty, alcohol-free spray-in hair lightener
- 2 Create a voluptuous cascade of free-flowing waves by twisting sections of damp hair around your finger
- 3 Score year-round beach hair by applying heat to your tresses using a blow dryer after spraying in Sun-In
- 4 Use clarifying shampoo specifically formulated to remove build up from hair mousses, shine products, hairsprays, and related products to keep your highlighted hair healthy and shiny



"Sun-In gives me such great highlights that my friends ask me where I get my hair done all the time!" - Merritt



Merritt rides high on the wave of sunkissed style with Sun-In's lemon scented hair lightener.



Sun
In

Portable, convenient and easy-to-use, Sun-In conditions hair with botanical extracts while it lightens. For more product information, visit sun-in.com.

a new makeup routine

When you change your hair color, you need a makeup update too! We helped **Meagan**, 17, make them work together. BY rachael nichol

your everyday kit:



1. CoverGirl Cheekers Blush in Natural Rose, \$3, drugstores.
2. Rimmel Colour Rush Trio Eye Shadow in Elements, \$5, drugstores.
3. Wet N Wild Mega Plump Mascara in Black, \$3, drugstores.
4. Prestige Lightshine Lipgloss in Elba, \$3, drugstores.
5. e.l.f. Brightening Eye Liner in Coffee, \$1, drugstores.

before



MONDAY: BABYSITTING



add this

try: Physicians Formula Mineral Wear Face Powder in Light Bronzer, \$13, drugstores

“I’m usually slow moving on Mondays after the weekend off, so I like to keep things simple—it’s school and then babysitting.”

17 TIP: Going darker with your hair color can wash you out. Sweep a **powder bronzer** on cheeks, forehead, and chin—it’s a 30-second way to add a little color.

add this

try: L’Oréal Bare Naturale Mineral Powdered Foundation SPF 15 in Creamy Natural, \$18, drugstores



Add a little extra blush on top of powder foundation!

THURSDAY: PIZZA WITH GIRLFRIENDS

“I like to look pretty when I’m out with friends—I never know who I’ll run into. But I don’t want to look like I’m trying too hard!”

17 TIP: Get a pretty glow with a **mineral foundation**. It feels light like a powder but it really evens out your skin like a foundation—and never looks caked on.



FRIDAY: FRIEND’S PARTY

“My new hair color makes my green eyes pop—I’d like to have fun and play them up for a party.”

17 TIP: **Purple eyeliner** will make your eyes stand out against your darker hair. Line top lashes with color and bottom lashes with black to define them.

add this

try: N.Y.C. New York Color Eyeliner Duet in Through the Storm, \$2, drugstores



WEB EXTRA

Want to try a new look? You can try tons of colors at seventeen.com/salon.



TUESDAY: GYMNASTICS

add this

try: Clinique Superbalm Moisturizing Gloss in Raspberry, \$14, department stores



WEDNESDAY: SHOPPING

Don't go too dark—or your brows will look fake!

add this

try: Benefit Brow Zings in Medium, \$28, Macy's



“I have gymnastics practice after school on Tuesdays. Any makeup that I wear usually just sweats right off!”

17 TIP: If you need a little color when you work out, focus on your lips—a **moisturizing gloss** gives a pretty sheen that won't sweat off.

“I don't wear much makeup when I hang out at the mall, but I also don't want to look like a slob!”

17 TIP: When brows look good, your whole face looks fresher, so you need less makeup. Define and darken them to match your hair with a bit of **brow powder**.



SATURDAY: DATE NIGHT

Dab this shadow just on inner corners for an angelic glow.

add this

try: Revlon ColorStay Sheer Lipcolor in Sheer Ruby, \$10, drugstores



SUNDAY: CHURCH

add this

try: Maybelline New York Expertwear Eye Shadow in Seashell, \$4, drugstores



“I like to look extra pretty when I go out with my boyfriend; I want him to notice that I've made an effort for him.”

17 TIP: With darker hair, you can choose stronger makeup. This **sheer red** stands out but still allows your natural lip color to come through!

“I have to be up early for church on Sunday, and I often feel tired if I get home late the night before.”

17 TIP: Brighten your eyes (and look awake) with a little **shimmery mauve shadow**—it's not too pale, so it won't look chalky with your new hair.



Let Lauren Conrad, star of MTV's The Hills and the new face of **mark**, hook you up with beauty advice for every occasion.

“I love **mark hook ups** because they fit right into my jean pocket and are so easy to pull out for last minute touch-ups. Hook ups are so cool because you can actually **customize products** that are most important to you.”

— Lauren Conrad

Lauren's favorite **mark hook ups** + a connector = perfectly portable, customized color

sparkling lip powder + plumping gloss = girls night out



sheer gloss + liquid liner = off to class



flavored gloss + shimmering blush = date with your crush



See more of Lauren's faves at meetmark.com.

Remember to watch Lauren in season 3 of The Hills on Mondays at 10pm on MTV.

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Lauren Conrad is wearing winkstick in glitzy and wealthy, on the edge in cleo, scanda-lash in blacklash and glow baby glow in pink crush.

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hook ups

Dual ended, customizable makeup for eyes, lips and cheeks.



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OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH!

AFTER

look[^] and feel great!

If someone you love has breast cancer, a **makeover** can work wonders: It's not a cure, but it's bonding time that really **heals** you both. Check out our tips and learn how you can help **fight** this disease. BY nicole pearl



BEFORE

It was February 2007 when **Julie, 16**, learned **her mom, Mary**, had **breast cancer**. "I was so upset, I went numb—I couldn't even cry." Mary had to have one breast removed, and Julie watched chemotherapy take its **toll** on her mom: Mary became paler and she lost her hair. Now, eight months later, Mary is **cancer-free**—so Julie thought a makeover would be the perfect way to celebrate. "I think she's **beautiful** no matter what," Julie says. "Scars, bald, whatever."

miracle workers

Here's what makeup artist and breast cancer survivor **Sonia Kashuk** used to bring back Mary's and Julie's glow.

VIDEO

See how Sonia Kashuk did these makeovers at seventeen.com/sonia.



“This foundation really covers up everything! My face looks clear—it even took away my **blotchiness**!”

—julie

“This **pastel purple** shadow has the tiniest bit of shimmer—it totally brings out my eyes!”

—julie

try: Lancôme Color Design Eye Shadow in Tailored, \$18, lancome-usa.com

try: Sonia Kashuk Perfecting Liquid Foundation in Bisque, \$10, Target stores



“I welcome anything that adds **brightness** to my face after the chemo. This foundation gave my skin a luminous, dewy sheen.”

—mary

“Love this **shiny berry color**—it really highlights the shape of my lips.”

—julie

try: Hard Candy Lip Sorbet in Cherry Love, \$11, Sephora stores



“This shade goes on much sheerer than it looks—it gave me a pretty, candlelit **glow**.”

—julie

try: Stila Convertible Color in Fuchsia, \$22, Sephora stores

“I usually don't like **lip gloss** because I think it's too shiny—but this champagne color is subtle and sophisticated, and it made my whole face sparkle!”

—mary

try: M.A.C Lipgloss in Be-In, \$14, maccosmetics.com



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shop for the cure

Fight breast cancer this October—and look pretty while you do it!

every **3** minutes
someone is diagnosed
with breast cancer.



NAIL POLISH

OPI will make a donation of \$25,000 to Susan G. Komen for the Cure.

try: OPI Nail Lacquer In Pink of Hearts, \$8, nail salons



EYESHADOW

Five percent of profits will go to the National Breast Cancer Coalition.

try: NYX Cosmetics The Ultimate Pearl Shadow In Baby Pink Pearl, \$8, drugstores



TANKTOP

Twenty-five percent of the proceeds will go to The Breast Cancer Research Foundation.

try: Splendid Limited-Edition Pink Camouflage Tank Top, \$42, department stores

PINK SCARF

Five percent of the proceeds will go to Living Beyond Breast Cancer. **try:** Goody Special Edition Pink Ribbon Scarf, \$5, drugstores



LIPSTICK

Twenty percent of retail sales will go to the Young Survival Coalition (youngsurvival.org).

try: Tarte Inside Out Lipstick In Sweet Dreams, \$22, tartecosmetics.com



BRUSH KIT

One hundred percent of net proceeds will go to The Breast Cancer Research Foundation.

try: Sonia Kashuk Pink Brush Set, \$20, Target stores



FRAGRANCE

Tommy Hilfiger Toiletries will make a \$15,000 donation to the Breast Cancer Research Foundation.

try: Tommy Girl, \$52 for 3.4 oz., department stores



WEB EXTRA

Support breast cancer awareness with charity e-cards at seventeen.com/breastcancer.

LIP GLOSS

Estée Lauder will donate \$500,000 to The Breast Cancer Research Foundation.

try: Estée Lauder High Gloss In Pink Ribbon Pink, \$18, department stores



RINGS

Eighty-two percent of the purchase price will go to Susan G. Komen for the Cure. **try:** Susan G. Komen for the Cure Promise Ring, \$5 for a pair, 25komen.org

FOOT CREAM

Sixty-eight percent of the net proceeds will go to the Avon Breast Cancer Crusade.

try: Avon FootWorks Breast Cancer Crusade Overnight Treatment and Crusade Socks, \$8, avon.com



OTHER WAYS TO HELP

- **sign her up** Women undergoing treatment can attend skin and hair care workshops, courtesy of Look Good... Feel Better. Visit lookgoodfeelbetter.org for locations near you.
- **take a walk** Join a fundraising walk that donates to the cure. Find one near you at avonwalk.org or revlonrunwalk.com.
- **relax** In October many spas will offer \$31 "pink" treatments to benefit Y-ME National Breast Cancer Organization. Check out prettycity.com for details.



2 weeks
2 clearer skin!

Visible results in just 2 weeks!



BenzaClin[®] topical gel
clindamycin 1% - benzoyl peroxide 5% gel

Live the moment.

ASK YOUR DOCTOR if BenzaClin[®] is right for you!

For a rebate coupon up to \$15, visit www.benzaclin.com/17

BenzaClin[®] Topical Gel is indicated for the treatment of acne.

Important Safety Information: BenzaClin[®] was studied in mild to moderate acne patients. BenzaClin[®] is an acne product you can get with a doctor's prescription. Side effects are usually limited to the skin and include dry skin, itching, peeling, redness and sunburn. Also, clindamycin, an ingredient in BenzaClin[®], may cause diarrhea. If you experience severe diarrhea, stop using BenzaClin[®] and call your doctor immediately. You should not use BenzaClin[®] if you are allergic to clindamycin, benzoyl peroxide, or the antibiotic lincomycin, or if you have a history of colitis.

Please see brief summary of Prescribing Information on next page.

www.benzaclin.com

DERMIK[®]

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sanofi aventis
Because health matters

US.CLI.07.05.008

BenzaClin® Topical Gel

(clindamycin - benzoyl peroxide gel)

Brief summary. Please see full prescribing information for complete product information.

Topical Gel: clindamycin (1%) as clindamycin phosphate, benzoyl peroxide (5%)

For Dermatological Use Only - Not for Ophthalmic Use

Reconstitute Before Dispensing

INDICATIONS AND USAGE

BenzaClin Topical Gel is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS

BenzaClin Topical Gel is contraindicated in those individuals who have shown hypersensitivity to any of its components or to lincomycin. It is also contraindicated in those having a history of regional enteritis, ulcerative colitis, or antibiotic-associated colitis.

WARNINGS

ORALLY AND PARENTERALLY ADMINISTERED CLINDAMYCIN HAS BEEN ASSOCIATED WITH SEVERE COLITIS WHICH MAY RESULT IN PATIENT DEATH. USE OF THE TOPICAL FORMULATION OF CLINDAMYCIN RESULTS IN ABSORPTION OF THE ANTIBIOTIC FROM THE SKIN SURFACE. DIARRHEA, BLOODY DIARRHEA, AND COLITIS (INCLUDING PSEUDOMEMBRANOUS COLITIS) HAVE BEEN REPORTED WITH THE USE OF TOPICAL AND SYSTEMIC CLINDAMYCIN. STUDIES INDICATE A TOXIN(S) PRODUCED BY CLOSTRIDIA IS ONE PRIMARY CAUSE OF ANTIBIOTIC-ASSOCIATED COLITIS. THE COLITIS IS USUALLY CHARACTERIZED BY SEVERE PERSISTENT DIARRHEA AND SEVERE ABDOMINAL CRAMPS AND MAY BE ASSOCIATED WITH THE PASSAGE OF BLOOD AND MUCUS. ENDOSCOPIC EXAMINATION MAY REVEAL PSEUDOMEMBRANOUS COLITIS. STOOL CULTURE FOR *Clostridium Difficile* AND STOOL ASSAY FOR *C. difficile* TOXIN MAY BE HELPFUL DIAGNOSTICALLY. WHEN SIGNIFICANT DIARRHEA OCCURS, THE DRUG SHOULD BE DISCONTINUED. LARGE BOWEL ENDOSCOPY SHOULD BE CONSIDERED TO ESTABLISH A DEFINITIVE DIAGNOSIS IN CASES OF SEVERE DIARRHEA. ANTIPERISTALTIC AGENTS SUCH AS OPIATES AND DIPHENOXYLATE WITH ATROPINE MAY PROLONG AND/OR WORSEN THE CONDITION. DIARRHEA, COLITIS, AND PSEUDOMEMBRANOUS COLITIS HAVE BEEN OBSERVED TO BEGIN UP TO SEVERAL WEEKS FOLLOWING CESSATION OF ORAL AND PARENTERAL THERAPY WITH CLINDAMYCIN.

Mild cases of pseudomembranous colitis usually respond to drug discontinuation alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation and treatment with an antibacterial drug clinically effective against *C. difficile* colitis.

PRECAUTIONS

General: For dermatological use only; not for ophthalmic use. Concomitant topical acne therapy should be used with caution because a possible cumulative irritancy effect may occur, especially with the use of peeling, desquamating, or abrasive agents.

The use of antibiotic agents may be associated with the overgrowth of nonsusceptible organisms including fungi. If this occurs, discontinue use of this medication and take appropriate measures.

Avoid contact with eyes and mucous membranes.

Clindamycin and erythromycin containing products should not be used in combination. *In vitro* studies have shown antagonism between these two antimicrobials. The clinical significance of this *in vitro* antagonism is not known.

Information for Patients: Patients using BenzaClin Topical Gel should receive the following information and instructions:

1. BenzaClin Topical Gel is to be used as directed by the physician. It is for external use only. Avoid contact with eyes, and inside the nose, mouth, and all mucous membranes, as this product may be irritating.
2. This medication should not be used for any disorder other than that for which it was prescribed.
3. Patients should not use any other topical acne preparation unless otherwise directed by physician.
4. Patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using BenzaClin Topical Gel. To minimize exposure to sunlight, a wide-brimmed hat or other protective clothing should be worn, and a sun-screen with SPF 15 rating or higher should be used.
5. Patients should report any signs of local adverse reactions to their physician.
6. BenzaClin Topical Gel may bleach hair or colored fabric.
7. BenzaClin Topical Gel can be stored at room temperature up to 25°C (77°F) for 3 months. Do not freeze. Discard any unused product after 3 months.
8. Before applying BenzaClin Topical Gel to affected areas wash the skin gently, then rinse with warm water and pat dry.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Benzoyl peroxide has been shown to be a tumor promoter and progression agent in a number of animal studies. The clinical significance of this is unknown.

Benzoyl peroxide in acetone at doses of 5 and 10 mg administered twice per week induced skin tumors in transgenic Tg.AC mice in a study using 20 weeks of topical treatment.

In a 52 week dermal photocarcinogenicity study in hairless mice, the median time to onset of skin tumor formation was decreased and the number of tumors per mouse increased following chronic concurrent topical administration of BenzaClin Topical Gel with exposure to ultraviolet radiation (40 weeks of treatment followed by 12 weeks of observation).

Genotoxicity studies were not conducted with BenzaClin Topical Gel. Clindamycin phosphate was not genotoxic in *Salmonella typhimurium* or in a rat micronucleus test. Clindamycin phosphate sulfoxide, an oxidative degradation product of clindamycin phosphate and benzoyl peroxide, was not clastogenic in a mouse micronucleus test. Benzoyl peroxide has been found to cause DNA strand breaks in a variety of mammalian cell types, to be mutagenic in *S. typhimurium* tests by some but not all investigators, and to cause sister chromatid exchanges in Chinese hamster ovary cells. Studies have not been performed with BenzaClin Topical Gel or benzoyl peroxide to evaluate the effect on fertility. Fertility studies in rats treated orally with up to 300 mg/kg/day of clindamycin (approximately 120 times the amount of clindamycin in the highest recommended adult human dose of 2.5 g BenzaClin Topical Gel, based on mg/m²) revealed no effects on fertility or mating ability.

Pregnancy: Teratogenic Effects: Pregnancy Category C:

Animal reproductive/developmental toxicity studies have not been conducted with BenzaClin Topical Gel or benzoyl peroxide. Developmental toxicity studies performed in rats and mice using oral doses of clindamycin up to 600 mg/kg/day (240 and 120 times amount of clindamycin in the highest recommended adult human dose based on mg/m², respectively) or subcutaneous doses of clindamycin up to 250 mg/kg/day (100 and 50 times the amount of clindamycin in the highest recommended adult human dose based on mg/m², respectively) revealed no evidence of teratogenicity.

There are no well-controlled trials in pregnant women treated with BenzaClin Topical Gel. It also is not known whether BenzaClin Topical Gel can cause fetal harm when administered to a pregnant woman.

Nursing Women: It is not known whether BenzaClin Topical Gel is excreted in human milk after topical application. However, orally and parenterally administered clindamycin has been reported to appear in breast milk. Because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

Pediatric Use: Safety and effectiveness of this product in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS

During clinical trials, the most frequently reported adverse event in the BenzaClin treatment group was dry skin (12%). The Table below lists local adverse events reported by at least 1% of patients in the BenzaClin and vehicle groups.

Local Adverse Events - all causalities in ≥ 1% of patients		
	BenzaClin n = 420	Vehicle n = 168
Application site reaction	13 (3%)	1 (<1%)
Dry skin	50 (12%)	10 (6%)
Pruritus	8 (2%)	1 (<1%)
Peeling	9 (2%)	-
Erythema	6 (1%)	1 (<1%)
Sunburn	5 (1%)	-

The actual incidence of dry skin might have been greater were it not for the use of a moisturizer in these studies.

DOSAGE AND ADMINISTRATION

BenzaClin Topical Gel should be applied twice daily, morning and evening, or as directed by a physician, to affected areas after the skin is gently washed, rinsed with warm water and patted dry.

HOW SUPPLIED AND COMPOUNDING INSTRUCTIONS

Size (Net Weight)	NDC 0066-	Benzoyl Peroxide Gel	Active Clindamycin Powder (In plastic vial)	Purified Water To Be Added to each vial
25 grams	0494-25	19.7g	0.3g	5 mL
50 grams	0494-50	41.4g	0.6 g	10 mL
50 grams (pump)	0494-55	41.4g	0.6 g	10 mL

Prior to dispensing, tap the vial until powder flows freely. Add indicated amount of purified water to the vial (to the mark) and immediately shake to completely dissolve clindamycin. If needed, add additional purified water to bring level up to the mark. Add the solution in the vial to the gel and stir until homogenous in appearance (1 to 1½ minutes). For the 50 gram pump only, reassemble jar with pump dispenser. BenzaClin Topical Gel (as reconstituted) can be stored at room temperature up to 25°C (77°F) for 3 months. Place a 3 month expiration date on the label immediately following mixing.

Store at room temperature up to 25°C (77°F) (See USP).

Do not freeze. Keep tightly closed. Keep out of the reach of children.

US Patents: 5,446,028; 5,767,098; 6,013,637

Brief Summary of Prescribing Information as of February 2006.

Rx Only

Dermik Laboratories

a business of sanofi-aventis U.S. LLC
Bridgewater, NJ 08807

Country of Origin Canada
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JoJo!



red

by marc eckō



health

dance your way to a better body!

Whether you want to look great at a club or just have fun getting fit, this routine from celebrity choreographer **Jamie King** will make your body rock!

*Jamie helped
Shakira shape up
for MTV's VMAs!*

LET'S DANCE!

Try Jamie's playlist for this workout!

- **"FIGHTER"** by Christina Aguilera
- **"DON'T STOP THE MUSIC"** by Rihanna
- **"LOSE CONTROL"** by Missy Elliott
- **"STRONGER"** by Kanye West
- **"ROCK YOUR BODY"** by Justin Timberlake

Download these and more hot songs at seventeen.com/workout.



MAIN PHOTO AND STEP-BY-STEP PHOTOS: MATTHEW HAMILTON; HAIR AND MAKEUP: ANGELA HUFF FOR MARK EDWARD INC.; ON MODEL (MAIN PHOTO): LEOTARD, LULULEMON; SWEATPANTS, PLANET GOLD; ON MODEL (STEP-BY-STEP): SHIRT, DKNY ACTIVE; PANTS, MICHAEL STAR; SNEAKERS, K-SWISS. INSET PHOTO: RAHAY SEGE/RETNA LTD. MOVES EXCERPTED FROM ROCK YOUR BODY BY JAMIE KING (ROD.ALE, 2007; ROCKYOURBODYPROGRAM.COM).

DO THIS
WORKOUT
THREE TIMES
A WEEK!

KNEE LIFT



SIDE STEP



ARM PUMP



DEEP LUNGE



eat your heart out!

Ordering salad on dates is so over—guys like a girl with a *healthy* appetite! Here, our top Saturday night picks.



“A girl should be able to order **whatever** she wants without feeling self-conscious. I know I’m not worried about someone looking at me

funny because I’m eating a big steak, so neither should she.”

—JALEEL, 20, PORTLAND, OR



turn up the heat
Cuddle up over a mug of hot cocoa for dessert. It's only 129 calories—with whipped cream!

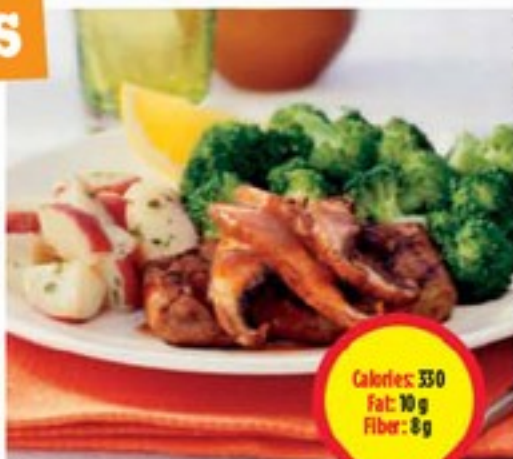
seventeen's
NEW BODY, NEW YOU
2007

what to order at...

Applebee's

Steak and Portobellos

Steak has a bad rap, but this cut is really lean, not to mention packed with protein, iron, and B vitamins. Plus, this plate is loaded with veggies.



Calories: 330
Fat: 10 g
Fiber: 8 g

Olive Garden

Venetian Apricot Chicken

Apricots and lemon—instead of cream or cheese—give this chicken, asparagus, tomato, and broccoli dish tons of flavor without a lot of fat.



Calories: 448
Fat: 11 g
Fiber: 4 g

Famous Dave's

Georgia Chopped Pork Sandwich

The smaller, lunch-size version keeps calories and fat in check while the tangy sauce satisfies taste buds.

Calories: 510
Fat: 15 g
Fiber: 3 g



The Movies

Half a medium popcorn, no extra butter

Popcorn is relatively low in calories, and the fiber will keep you full. (But it does have a lot of fat for a snack, so make it just a weekend treat.)



Calories: 225
Fat: 11 g
Fiber: 3 g

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Johnson
A FAMILY COMPANY

guilt-free dates!

Don't pass up the good stuff! Split an order, then burn it off while bonding with your guy.



“It's okay to **splurge** a little. I mean, dates are supposed to be **fun**, right? Just eat **healthy** beforehand and afterward. You'll be fine!”

—JoJo

CHOOSE

TO WORK OFF YOUR HALF OF

ICE-SKATING
for one hour
(burns
400 calories)



nachos at
the
concession
stand

BOWLING
for one hour
(burns
200 calories)



an order
of **chili**
cheese fries
at the snack
bar

DANCING
for one hour
(burns
324 calories)



after-hours
buttermilk
pancakes

MAKING OUT
for one hour
(burns
70 calories)



a box of
Whoppers
from the
7-Eleven

Ban Self-Doubt



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BAN® SOLIDS KEEP YOU
UP TO 3X FRESHER
THAN SECRET® OR
DOVE® SOLIDS WHEN
YOU'RE STRESSED.*

WATCH OUT!

Don't let these problem foods ruin your date!

bad breath!

ice cream

Dairy can unleash stinky compounds in your mouth. Bring along mints!

gas & bloating!

soda

Carbs and sugars help your body make gas. Got to have a Coke? Discreetly pop a Beano beforehand.

low energy!

mac and cheese

Carbs can spike blood sugar, which triggers hormones that make you sleepy. So just have a little!



GET FIT NOW!

Sign up for our New Body, New You plan at seventeen.com/challenge and we'll help you reach your goals! Click around to calculate your ideal weight, find smart eating advice, and read JoJo's blog. (She's doing the plan too!)



Sign up for the challenge and enter to win a **\$100 Olive Garden gift card!**



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“what’s up with my breasts?”

We *all* think about the way “the girls” look—but here’s how to know if you should worry (or not!). BY elisa benson

“My breasts are totally lopsided—one is an A and the other is a C!”

—BRITTANY*, 14

NORMAL

A DOC SAYS: Breasts don’t always develop at the same rate. In fact, while they’re still growing, it’s more common for them to be asymmetrical than the same size! Your breasts will even out eventually; in the meantime, buy a padded bra and take the padding out of one side. Don’t worry about your guy’s reaction—he’ll be thinking, Wow, I can’t believe how lucky I am!

“I have a lot of hair on my nipples—like 20 on each one!”

—ANGELA, 17

NOT NORMAL

A DOC SAYS: Almost everyone has a few hairs around her nipples, but most girls have 10 or fewer on each breast (the actual number is determined by heredity). Since you have more than the norm, see your doctor: It’s possible that you have a hormone imbalance—which is totally treatable.

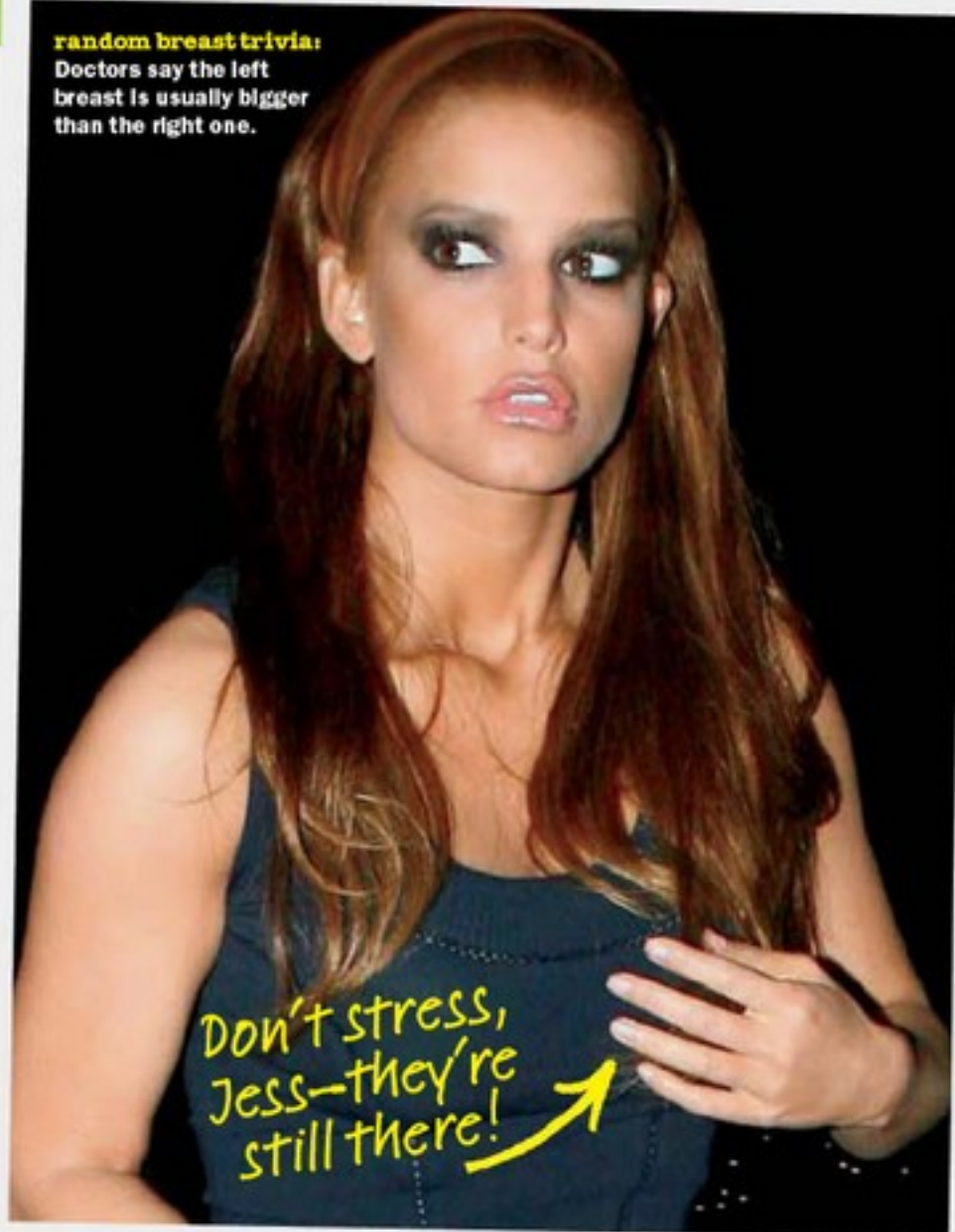
“The dark part around my nipples is big. The diameter is the length of my index finger!”

—WENDY*, 16

NORMAL

A DOC SAYS: The ring of color around each of your nipples is called the areola. It can range from being large, dark, and wrinkled to being small, skin-colored, and smooth—and every possible variation in between. Genetics decides it, so yours might look like your mom’s! And FYI: Those little bumps you see on your areolae? They’re normal too; the bumps are just little glands that will come in handy later on when you’re pregnant or breast-feeding—they secrete oil to help keep your nipples from getting chapped.

random breast trivia: Doctors say the left breast is usually bigger than the right one.



“I’ve got a few lumps in my breasts, and I’m really worried that I might have cancer!”

—KATILYN, 20

NORMAL

A DOC SAYS: Don’t worry—breast cancer is very rare in women under age 30. Fact: Most girls get lumps in their breasts occasionally, due to hormonal fluctuations or natural changes in breast tissue. Cysts (fluid-filled sacs) are common too, but they usually come and go naturally. That said, see your doc if a lump hurts, makes your skin pucker, or won’t go away.

October is National Breast Cancer Awareness Month!

WEB EXTRA
Learn how to do a breast self-exam at seventeen.com/breast.

“Stuff that looks like milk leaks out of my breasts, but I’ve never had a baby!”

—SIMONE*, 18

NOT NORMAL

A DOC SAYS: Nipple discharge can be a symptom of a serious health problem, such as thyroid disease, so you should see your doctor ASAP. But don’t freak: There are lots of other (less scary) things that could be causing it—like hormonal surges, irritation from clothing, or a new medication you’re taking (such as birth control).

*Name has been changed.



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tests you need to take

“Getting tested” seems scary, but if you’re having sex now (or planning to) it’s a crucial part of caring for your sexual health. **BY elisa benson**

the basic test

PAP TEST

why you need it: A Pap smear checks for potentially cancerous cells in your cervix. Docs say every girl needs one by the time she’s 21, or three years after she starts having sex. (Your first gyno visit—without a Pap smear—should happen at age 13).

what to expect: A Pap test is part of a pelvic exam, in which you’ll sit with your feet in stirrups while the doc inserts a tool (called a speculum) into your vagina. In just a few seconds, the doc swipes a few cells from your cervix, then sends them to a lab.

if something’s wrong: Lots of things can cause abnormal results (a virus called HPV is one), but to rule out cancer, your doctor will want to perform another exam to look at your cervix more closely.

48%

of people who get an STD are younger than 25.

protect yourself
Ask your doc about the HPV vaccine that helps prevent cervical cancer.

if you didn’t use condoms

GONORRHEA, CHLAMYDIA, HIV

why you need it: These STDs don’t always have symptoms—so if you’ve hooked up without a condom (including naked genital-to-genital contact, oral sex, or anal sex), don’t know your guy’s sexual history, or just want to be sure you’re safe, ask your doc to run these tests. It’s a good idea to get them once a year, just in case.

what to expect: Your doc will collect a cell sample during a pelvic exam or ask you to pee in a cup; results will usually be available in 24 to 48 hours. HIV is generally diagnosed by a blood test, but some facilities offer an on-the-spot saliva test—it costs more, but you’ll have results in about an hour.

if something’s wrong: Meds can cure gonorrhea and chlamydia. HIV can be treated but not cured.

if you see symptoms

GENITAL WARTS, HERPES

why you need it: Doctors usually check for these STDs only when you report warning signs (like sores or swelling) or if you hooked up with someone who might be infected. That’s because these STDs are so tricky to pinpoint: Both genital warts and herpes are hard to detect between outbreaks. Always be up-front with your doc about your sexual history so you get the tests you need.

what to expect: A visual exam. The doc might also do a blood test or a swab of the area if the sore is visible, and test results aren’t always conclusive.

if something’s wrong: Genital warts may go away on their own, or you can take medication. Herpes outbreaks can be controlled with meds.

WEB EXTRA
Get your sex questions answered at seventeen.com/sex.

MAKE THE APPOINTMENT

If you don’t have a gyno or you don’t want your parents to know, call **Planned Parenthood (800-230-PLAN)** to find a center; all 50 states allow testing without parental consent. Costs range from \$35 to \$150.

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love life

why he's a **jerk** in front of friends

Guys reveal where your sweet, loving boyfriend goes when the male bonding begins. (**Warning:** These guys may be hot, but what they have to say is *anything* but cute!)

MAIN PHOTO: LARRY EARTHOLMEW. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SITTINGS EDITOR: BETSY MULLEN. HAIR: MIKI MORI FOR UTOPIANTIC. MAKEUP: THORA FOR MARK EDWARD INC. ON HIM (LEFT): SHIRT, AMERICAN EAGLE OUTFITTERS. PANTS, AEROPOSTALE. ON HER: CAMISOLE, BUFFALO. TOP (UNDERNEATH), ALTERNATIVE. PANTS, BUFFALO. EARRINGS, CLARE'S. ON HIM (RIGHT): JACKET AND SHIRT, BOTH EXPRESS; JEANS, ZOO YORK.



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GETTING RESPECT

“If you’re too sweet to your girl in front of your friends, she’ll think she **owns** you. And when a guy doesn’t stick up for himself, his girl can get too comfortable and lose **respect** for him.”

—chase, 18, scottsdale, az

BEING AN A**

“A guy wants to be the **alpha** dog of the pack. A girlfriend once said something stupid, and I **called** her a loser to the amusement of my friends. It showed I was still one of them—even **with** a girl.”

—tony, 19, mendham, nj



TRYING TO IMPRESS YOU

“There’s an unsaid **competition** that exists among



guys for a girl’s attention. By looking like ‘the man’ in front of his friends, a guy thinks he will

appear more attractive to a girl.”

—justin, 20, islip, ny

PLAYING GAMES

“Guys think it makes a girl **want** them more if we show we don’t **care** too much about her. It’s guys’ way of playing hard to get.”

—ray, 20, oceanside, ca



ACTING TOUGH

“What your friends think about you matters; you don’t want them to think you’re ‘**soft**’ or a wuss! So guys act mean and **cocky** to a girl when they’re with friends—they think it shows that **they** are in charge.”

—john, 21, los angeles, ca



THE LOVE DOC SAYS:

“When a guy is insecure about fitting in, you may see **two different** versions of him: the guy trying to impress his buddies and the guy trying to impress you. If he acts like a jerk to you around his friends, don’t **confront** him on the spot. Wait until you’re alone instead and tell him exactly how specific comments made you feel. His behavior is a form of **disrespect**, but some guys **don’t realize** they’re being jerky until you tell them. Say, ‘When I’m out with your friends, it’s *not* okay to insult me or put me down. You may think it’s funny and maybe your friends do too, but I don’t. If you’re going to date me, then you’d better treat me **respectfully** in front of other people!’”

—Ian Kerner, Ph.D., author of *DSI: Date Scene Investigation* (HarperCollins, 2006).

are you obsessed with your boyfriend?

Obviously you love spending time with your guy. But how do you know when it's too much? **BY elisa benson**

when it's still new



enjoy the butterflies
Dating is so fun when it's new! Don't you imagine Kristin Cavallari and Nick Zano are sharing some cutesy inside joke? Aw.



QUIZ

Are you and your guy attached at the hip—in a bad way? Find out at seventeen.com/quizzes.

SPEND

2

days
together
a week.

WHY IT'S RIGHT: The start of a relationship is the most exciting part! But if you're together all the time, that feeling fades faster. Try to focus on the *anticipation* of a night with your guy. That's almost as fun as the actual date (and leaves plenty of time for flirty IM convos and texts).

WATCH OUT FOR: *Needing him 24/7.* If you're so psyched to be with him that you're backing out of other commitments, you're too dependent—and the clinginess could scare him away. Plus, if you ditch your friends, they won't be there when you need their love advice!

when it's not official



so chill!

SPEND

1

hour together,
throughout
the week.

WHY IT'S RIGHT: Brief encounters make you more interesting because he has to work to get to know you. Try saying hi at lunch, but don't stay for the entire period. Or chat with him for a while online, then say you've got to go to dinner. He'll be dying to reconnect!

WATCH OUT FOR: Becoming obsessed. That rush of adrenaline he gives you is *addictive*. Keep your cool (and keep him on his toes) by letting him make half the moves—i.e., if you text him, don't do it again until he responds!

keep it casual
Justin and Jessica alternate between subtle flirting (left) and playing it cool—no major PDA.

when you're a rock-solid couple



happy
since 2002!

balance your time
Beyoncé and Jay-Z aren't constantly together—and their independence makes them stronger.

SPEND

3

days
together
a week.

WHY IT'S RIGHT: You have to work harder to keep the butterflies alive, so focus on planning *actual* dates (instead of just plopping down in front of the TV!). Involve each other in the rest of your lives (family dinners, etc.)—to help you grow as a couple.

WATCH OUT FOR: Falling into a routine. Make your time more *productive*—help each other with chores, cook a meal, or go for a run—so things don't get stale. After all this time, you two *know* what it means to work as a team!

17 EXPERT: Tina Tessina, L.M.F.T., Ph.D., a licensed psychotherapist in Long Beach, CA, and coauthor of *How to Be a Couple and Still Be Free* (New Page Books, 3rd ed., 2005).



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www.us.playstation.com/SingStar

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PlayStation.2



LOVE LESSONS FROM...

tv's **hottest** hotties

The sexy guys on our favorite TV shows get the girls on- and offscreen, so they obviously know what works (and what *doesn't*). Tune in!

zach gilfordFRIDAY NIGHT LIGHTS
FRIDAYS, 9 P.M. EST, NBC**1. tell him if you disagree**

"I want a girl who challenges me, rather than someone who's always my yes-woman. If she disagrees with me, I want her to argue! I'm looking for someone who makes me want to be a little better, a little smarter—someone who motivates me."

2. be up for anything

"I would never take a girl on a first date to dinner and a movie, ever! It's got to be something active and random. Like the last first date I went on, I took the girl go-karting. That way you don't have to sit at a table and stare at each other. It takes the pressure off because you're doing something *fun*."

3. try to show up on time

"I'm not saying girls are *always* late, but in my experience it tends to be true quite often. Just try and minimize the time it takes you to get out the door. That's all I'm gonna say!"

watch TV together

"I like a great sense of humor, and a lot of it has to do with what she watches. If she tells me she likes *The 40-Year-Old Virgin* or *Arrested Development*, I'm like, Okay, we're getting somewhere!"

aubrey grahamDEGRASSI: THE NEXT GENERATION
FRIDAYS, 8 P.M. EST, THE N**don't tell all online**

"On MySpace some people divulge the nitty-gritty details of their lives. I'm not an advocate of that—it doesn't leave any mystery. A little mystery says you're confident in who you are."

penn badgleyGOSSIP GIRL
WEDNESDAYS, 9 P.M. EST, THE CW

QUIZ
Who's your
TV boyfriend?
Find out at
seventeen.com/tvbf

dress up a little bit

"You know what used to drive me crazy? The girls that do their hair and makeup but then wear pajamas to school. Why don't you just get dressed? A girl in pj's is cute. But not at school!"

matt dallasKYLE XY
MONDAYS, 8 P.M. EST, ABC FAMILY

NEW

SO DELICIOUSLY
SMOOTH
AND
LONG-LASTING.
JEALOUS?
TRY NEW

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LONG-LASTING
CHEWPHORIA™

A black and white close-up portrait of Fergie. She has long, wavy, light-colored hair parted in the middle. She is looking directly at the camera with a slight smile. The background is a textured, light-colored wall.

FERGIE

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COLLEGE

seventeen

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- ☒ SCORE GOOD GRADES
- ☒ HAVE A KILLER SOCIAL LIFE

...WITHOUT GOING BROKE!



get into your dream school!

Meet *Seventeen's* **Freshman 15**! Our new team of college girls will tell you *everything* about their first year of school, starting with how they lived through the scariest part: applying!

avoid a time crunch



"People tell you to begin your college applications in November—but that's wrong. You'll get crushed! I wish I had filled out at least the basic information

the summer before my senior year, so that once I started school and got super-busy, I had to worry only about my essays." —**KATHRYN, STATE UNIVERSITY OF NEW YORK AT PURCHASE**

myspace.com/freshman15kathryn

take the right test



"I'm not so great at math, so I was worried about taking a standardized test. Then I found out that most schools accept the SAT or the ACT. The SAT is one-third

math, reading, and writing, but the ACT is one-fourth English, math, reading, and science. I took the ACT so that math would count less toward my overall score." —**JESSICA, MICHIGAN STATE UNIVERSITY**

myspace.com/freshman15jessica

say it before you send it



"Before you send in your application, read all of your essays out loud. It might seem silly, but the words sound different when you hear them than when you just read everything on-screen. I caught a few mistakes I wouldn't have noticed otherwise." —**RICZA, BUFFALO STATE COLLEGE**

myspace.com/freshman15ricza

get the inside scoop



"I live in Hong Kong and couldn't visit schools, so I took video tours on theu.com. I also looked at pictures from my friends who go to school in the States. I

could write a better application when I knew what college life was *really* like."

—**JENNIFER, SYRACUSE UNIVERSITY**

myspace.com/freshman15jennifer

seventeen's
FRESHMAN
15

REAL COLLEGE LIFE:
ALL THE DETAILS.

These girls have juicy stories to tell! Check *Seventeen's* college column each month and visit myspace.com/freshman15 for daily blogs, pics, and video updates.



be the early bird



"If you're *sure* about a college, applying early decision shows them how much you want to be there, so it may help your chances. Plus, I got my acceptance letter on December 15 and my friends had to wait until March! It was such a relief." —**ASHLEY, NEW YORK UNIVERSITY**

myspace.com/freshman15ashley

show off like a professional



"I hate talking about myself on applications. I always feel like I'm bragging! I decided to put together an official résumé as if I were applying for a job and to attach it to my application. It was a lot easier for me to focus!"

—**HANNAH, UNIVERSITY OF NOTRE DAME**

myspace.com/freshman15hannah

admit you're not perfect



"When I was interviewing for an art scholarship, I mentioned my strengths and my weaknesses. College is there to teach you, so I figured the interviewer

PHOTOS THROUGHOUT: TOSCO SELBY; SITTINGS EDITOR: BETSY MULLINIX; HAIR: COREY TUTTLE FOR WWW.JAMARTS.COM; MAKEUP: MIZU FOR WORKGROUP.LTD; ON MODEL: OPENING PAGE: JACKET, BILL ABONG; TANK, OLD NAVY; SKIRT, ELEMENT; EARRINGS, IGINO; BRACELETS, ALL FOREVER 21; TIGHTS, HUE; ON MODEL, THIS PAGE: VEST, H&M; WHITE TOP, GAP; GREEN TOP, FOREVER 21; JEANS, C BRAND; SHOES, NINE WEST; ILLUSTRATIONS THROUGHOUT: I LOVE DUST.



would want to see that there is a lot I want to learn and that I'm ready for the challenge. Hey, I got the scholarship!" **-ARIANNA, MARYMOUNT MANHATTAN COLLEGE** myspace.com/freshman15arianna

do a little name-dropping



"During my college interview, I brought up this cool professor I had read about on the school's Web site and said I really wanted to take her class. I think it sounded pretty impressive—and being prepared made me feel more confident." **-BERNADETTE, UNIVERSITY OF CALIFORNIA, BERKELEY** myspace.com/freshman15bernadette

go digital



"I applied to 11 out of my 12 schools online, but one college accepted only handwritten apps. That one on paper *sucked*. I hated having to make my handwriting perfect. All the online applications were pretty easy. I used the templates on Microsoft Office Publisher for my résumé and it made everything look so polished and professional. It took just a few

extra clicks!" **-LIZ, STATE UNIVERSITY OF NEW YORK AT POTSDAM** myspace.com/freshman15liz

work to get recruited



"I'm on a volleyball scholarship, and if you want to get recruited to play in college, you need to tape all your high school games. I sent mine out at the start of the school year so colleges had time to contact me." **-ALEXANDRA, CHAMINADE UNIVERSITY OF HONOLULU** myspace.com/freshman15alexandra

share your passions



"I wanted to show IU how much I want to be a writer, so I sent in writing samples along with a cover letter that said I'd love to write for their student paper. I even mentioned an article I'd read online that I liked! It showed how driven I am."

-CAITLIN, INDIANA UNIVERSITY
myspace.com/freshman15caitlin

get help from teachers



"Don't wait until the last minute to ask your teachers for recommendations—make it really easy for them. Tell them where you're applying, what you want to do, and give them a written recap of your accomplishments. It's a huge help!" **-JANELLE, CALIFORNIA STATE UNIVERSITY, MONTEREY BAY** myspace.com/freshman15janelle

explain bad grades



"I worked really hard in math, but it just wasn't my best subject. Even still, I asked my math teacher to write me a recommendation. She wrote that I show up on time, ask questions, and do my work. It proved that I'm not a huge slacker, even though I had a weak spot in my transcript." **-DEV'N, TEXAS TECH UNIVERSITY** myspace.com/freshman15dev

rope 'em in!



"Don't start your essay with a generic first sentence like 'On my first day of school . . .' That's so boring! Instead jump right into an important moment so Admissions can't wait to keep reading. Then tell them what you've learned from the experience." **-BRI, CALIFORNIA STATE UNIVERSITY, FULLERTON** myspace.com/freshman15bri

expand your comfort zone



"I never saw myself going away to college—but then Wesleyan came up on one of those 'your perfect school' quizzes on fastweb.com. I decided to visit and *loved* it! I'm so glad I stepped outside of my boundaries." **-LAUREN, WESLEYAN COLLEGE** myspace.com/freshman15lauren

Want *personalized* college advice? Ask your favorite freshman your question at myspace.com/freshman15.

don't go broke!

Here's how to manage your money—and stay out of debt. Use this worksheet to start a convo with your parents.

BY veronica byrd

STEP 1

ADD UP YOUR MONTHLY INCOME

At the start of the month, figure out how much you expect to get from the following.

Job	
Parents	
Scholarships	
Grants	
Loans	
Other income	
TOTAL INCOME:	

STEP 2

ADD UP YOUR MONTHLY EXPENSES

Now write down how much you think you'll spend on each of these items.

SCHOOL	Tuition and fees	
	Books and supplies	
HOUSING	Rent/housing	
	Utilities	
FOOD	Phone (cell/home)	
	Groceries	
CAR	Eating out	
	Payment	
PERSONAL	Gas/maintenance	
	Insurance	
	Shampoo, soap, etc.	
	Clothes	
	Laundry	
	Movies, music, etc.	
	TOTAL EXPENSES:	

17 FYI

The average cost of tuition and fees at four-year public colleges is \$5,836 a year, and \$22,218 at private schools.

STEP 3

DETERMINE YOUR BUDGET

Your expenses should be equal (or less than!) your income.

	-		=	
TOTAL INCOME		TOTAL EXPENSES		YOUR SAVINGS

what to do next IF YOUR SAVINGS IS ...

- **negative** Look for ways to drastically cut back, like giving up your car and getting a transit pass instead.
- **barely positive** You can *always* spend less on clothes, movies, music, and eating out.
- **positive** Open a savings account. You never know when you'll need extra cash!





UH-OH!

I'M OUT OF MONEY!

Here's how to get cash *before* your bank balance hits zero:

1. hand out fliers There are probably lots of restaurants, retail stores, and coffee shops near campus that need help advertising their business. Plus, it takes only a few hours.

2. use your skills Fluent in French? Offer your services as a tutor. Like children? Babysit your professors' kids. Enjoy reading? Help Ph.D. students research, proofread, or type their dissertations.

3. go online Start a free blog at blogger.com and let Google advertise on it. If you get a lot of traffic, you could make at least \$20 a month—for doing nothing! (google.com/adsense)

4. visit the financial aid office Most schools offer short-term emergency loans, so talk with a counselor.



WEB EXTRA

Get insider tips for getting the most financial aid at seventeen.com/college.

SNEAKY WAYS TO \$AVE

Find creative ways to cut costs and you'll *always* have extra dollars in your pocket! These tips can help:

✓ **sign up for a free checking and savings account** You should *never* pay monthly fees or charges for online banking, fund transfers, or ATM withdrawals.

✓ **buy used books** Log on to isbn.nu to easily find and compare prices from 14 online bookstores. When you're done, resell or trade them for other used books (campusbookswap.com).

✓ **pay your bills on time** Don't get hit with late fees for credit card, cell phone, or utility bills. (Why pay \$125 for something that cost \$100?) If you can't pay before the due date, call the company to make payment arrangements.

✓ **keep the change** Put loose coins in a large jar. You'll be surprised by how much it adds up! It could even pay for your spring-break trip.

✓ **join the club** Get a few friends to pitch in for an annual membership at Costco (\$50) or Sam's Club (\$40), and buy groceries, school supplies, toothpaste, soap, and deodorant in bulk.

✓ **get huge discounts** Buy a Student Advantage card (studentadvantage.com, \$20) and save 10 to 50 percent at restaurants and retailers, like urbanoutfitters.com, Foot Locker, and target.com.

✓ **have cheap fun** The Entertainment Book (entertainment.com, \$25) has 1,000 discount coupons for places like Pizza Hut and AMC Theatres.

still in high school?

Here's what every girl should do:

find scholarships and grants You don't need a 4.0 GPA to get lots of dough! The book *Get Free Cash for College 2007* lists more than 1.5 million sources for money. Or log on to collegeanswer.com to find 2.4 million scholarship awards!

cut your up-front costs If you don't want to pay interest and go into debt, apply for TuitionPay, a no-interest, debt-free way to make monthly tuition payments over the course of the school year instead of in one lump sum at the beginning. To learn more, visit tuitionpay.com.

deal with anything!

No parents, no rules... woo! Except you also have to write a 20-page paper, you're living on Red Bull, and you *really* miss home. Take a deep breath—this is your survival guide! BY brie schwartz

STAY STRESS-FREE

✓ stop studying—sleep!

Researchers have found that it's harder to retain what you learn if you're sleep deprived—so staying up all night to cram could make your grades worse. Go to bed, girl!

✓ update your home page.

Make a news Web site like CNN your home page instead of Facebook. It will help you resist the temptation to procrastinate *and* give you some interesting conversation starters.

✓ take a catnap.

Catching up on sleep could make you more productive! Research shows that napping for 20 to 30 minutes during the day helps you retain more info and stay alert.

✓ head for sunshine.

Leave that dark library cubicle! The sun triggers vitamin D production, which boosts your mood and immune system.

✓ get addicted.

It's not always a bad thing! A weekly must-see TV show will help you escape reality (and the library!) and give you something to look forward to. Plus, instant roommate bonding!

✓ escape campus.

Take a walk in town, go to the movies, or eat anywhere other than the dining hall. It's a good reminder that there's a world outside of lit papers, roommate drama, and due dates!

✓ paint your nails.

When you're feeling overwhelmed, focusing on one small thing helps you feel more in control. Pretty polish is a good pick-me-up too!



QUIZ

Are you sabotaging your success at school? Find out at seventeen.com/college.

having trouble adjusting?

Everyone feels a little lonely at first, even if they don't show it. But there are ways to cope!

if you're homesick...

A new study shows that talking too much about your problems can make you feel worse (so those nightly calls to Mom could make it *harder* to deal long-term). Instead throw yourself into your new life—if you *act* adjusted for enough time, eventually you'll start to *feel* that way. Promise!

...if it won't go away

At first, depression can feel like a bad case of PMS: moodiness, fatigue, weight gain, etc. But if the symptoms persist for two weeks, consider seeing a counselor on campus. Or call the National Youth Crisis hotline (800-442-4673).

GET BETTER GRADES

DO: drag your butt to class!

In a big lecture hall, it feels like no one notices if you skip. But you'll have an easier time remembering the material if you go to class. You'll hear the prof tell vivid anecdotes, which will help you recall boring facts and stats come test time.

DON'T: leave immediately after.

Stick around long enough to jot down any questions or assignments in your notes—it will prevent any "I totally forgot!" moments, since most classes meet only a few times a week.

DO: buddy up with your prof.

Two words: *office hours*! You can get a one-on-one tutorial with your prof and clear up questions you couldn't ask in front of 150 classmates. It's also a great way to show how hard you work—especially if your grades aren't at the top of the class.

DON'T: change your study habits.

Even though your environment is different, your study style doesn't have to be! Need music? Use noise-canceling earphones when your roomie is home. Prefer silence? Cozy up in a private carrel at the library. If it works for you, stick with it!

DO: skim your readings.

In college, midterms, papers, and finals *rule*. Spend most of your time on these big assignments instead of obsessing over every word in your textbooks.

DON'T: ignore the web.

Many colleges have online portals where you're supposed to view discussion boards or download readings—and, FYI, professors can sometimes track how often you log on!

eating like crap?

Remember these easy tips next time you hit the grocery store or the caf.

splurge smart

You can finally choose your own meals! But save treats for once a day only, like cookies after dinner. Mmm!

buy healthy snacks

If your room's full of junk food, you'll eat it out of boredom—or 3 A.M. starvation! Instead stock up on stuff that's high in protein (like nuts or yogurt). It will keep you full.

put your tray away

Once you're done with your meal, put your tray away and sit with a bottle of water in front of you so marathon talks over dinner with friends don't make you overeat.

too much partying?

Still cringing at the memories of last night? Here's how to deal:

you had a wild night out

Everyone has a few college nights she'd rather forget. Chalk it up to experience, but also tell your friends not to post the evidence online—if you were doing anything illegal, it could lead to serious trouble.

you had a random hookup

It doesn't make you a bad person if you mess around, no strings attached—but if you regret it, you might *need* to feel more emotionally invested next time. If you're worried you weren't 100 percent protected, see a doctor.





17 ways to rock freshman year!

WEB EXTRA
Find out the 17
things you shouldn't
do as a freshman at
seventeen.com/college.

If you want to have the best year ever, these are the things you *must* do. BY lauren metz

1 **Go to a frat party!** This is a college rite of passage—so make sure you get down with the Greeks at least once!

2 **Sit with new people.** College dining halls aren't as cliquey as high school cafeterias. Don't be afraid to pull up a chair next to someone eating alone.

3 **Invest in a cute pair of flats.** Freshmen dorms are usually on the outskirts of campus, so be prepared to trek across the quad for classes!

4 **Bond with your hallmates.** Make some popcorn and ask if anyone wants to watch the season premiere of *Grey's Anatomy*.

5 **Visit ratemyprofessors.com** to get the inside scoop on how tough your teachers are before you start classes!

6 **Head into town.** College communities are known for having great local shopping as well as cute coffee shops where you can crack open a book in peace.

7 **Visit a new friend's hometown.** A weekend road trip—complete with snacks and cool music—is a fun way to strengthen your bond!

8 **Paint a large rock** to use as a doorstep for your dorm room and keep your door wide-open. It lets people know you're receptive to visitors.

9 **Take a random class for fun.** Hip-hop lyric analysis? The sociology of *The Simpsons*? Sign us up!

10 **Store the numbers** for late-night pizza delivery and local cabs in your cell. You never know!

11 **Remember PMILK:** Phone, money, ID, lip gloss, and keys—it will get you out the door in a flash!

12 **Buy cute pajamas!** If you live in the dorms, the fire alarm will go off more than once at 3 A.M. Don't get caught in a ratty tee and sweats!

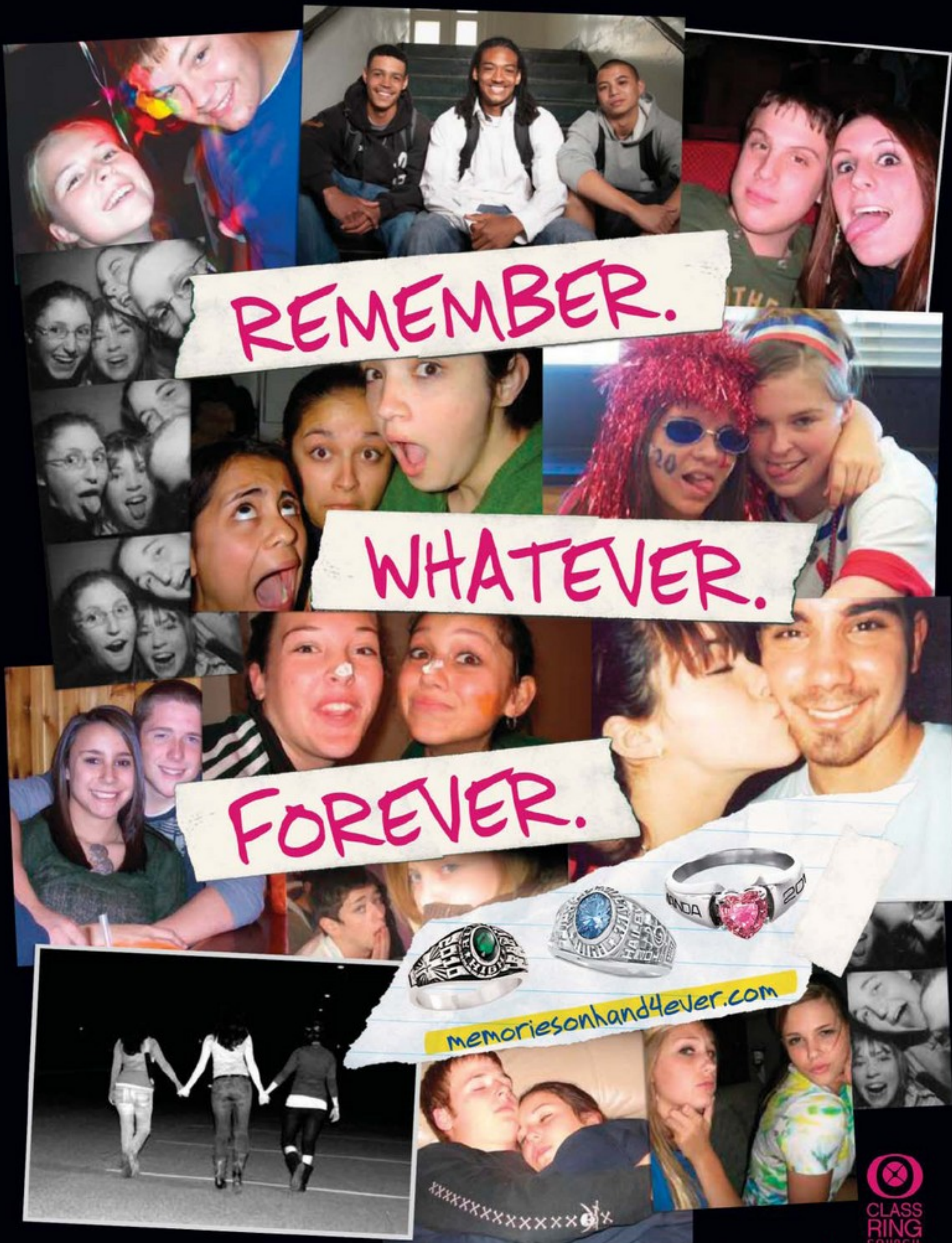
13 **Become friends with upperclassmen** you meet on campus or at the gym. They know the tricks of getting into the classes you want *and* where all the best parties are!

14 **Pick up a USB flash drive** to back up your work—laptops always seem to crash when you have a massive paper due the next day!

15 **Make an iPod playlist of songs** that have a special meaning for you this year. Next summer, you'll love listening to tunes that bring back fun memories.

16 **Tape an inspirational quote** to your computer (check out page 120). That saying and a few cans of Diet Coke will get you through your first all-nighter!

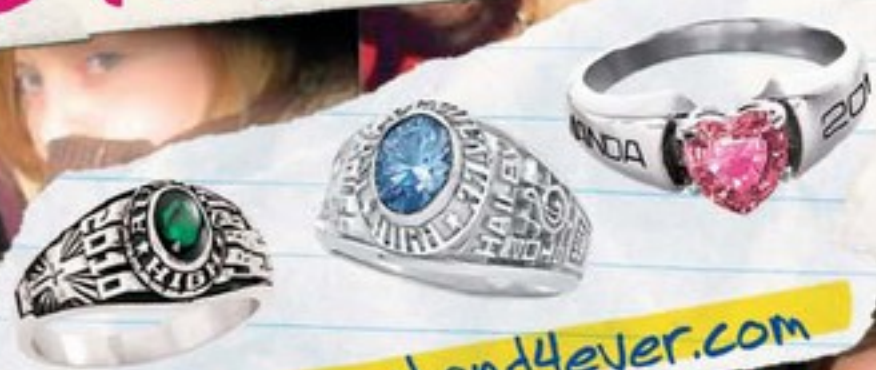
17 **Learn to play pool.** This is *definitely* a no-fail way for you to impress cute freshman guys!



REMEMBER.

WHATEVER.

FOREVER.



memoriesonhand4ever.com



Thanks for sharing your pix (and memories) with us.

real life

that's
us!

“i was charged
with **sexual assault**....
of my boyfriend!”

real love

Tiffany (right) and her boyfriend, before a judge decided they couldn't legally see each other for a year.

Before Tiffany, now 18, slept with her guy, she discussed it with her parents—and made sure she had protection. She didn't know she was about to commit a crime. AS TOLD TO veronica byrd

Teen charged with having sex with underage boy

One day during the summer of 2006, I was hanging out at a friend's house when I met this cute guy I hadn't seen before. He had wavy brown hair and sexy green eyes, and it turned out that he was a freshman at my high school in River Falls, Wisconsin. Even though he was 15 and I was then 17, we started talking and really hit it off. We even liked the same songs (one favorite was "She's Everything," by Brad Paisley). I saw him again a few weeks later, and we started dating.

Soon we were officially boyfriend and girlfriend. I felt so close to him; I could tell him *everything*. When we decided to have sex, it felt like the right decision. (I made sure we used a condom, because I'd had boyfriends before and I'd already talked with my mom about sex. She warned me about STDs—and insisted that I take birth control pills.)

Over the next five months, my boyfriend and I spent more and more time together, hanging out or playing video games. When my mom wasn't home, we'd make out and sometimes have sex. I was happy: I had a boyfriend who loved me!

PERSONAL QUESTIONS

I was in class at school in January 2007 when my teacher told me I had to go to the principal's office. When I got there, a police officer was waiting.

As he led me into another room, I tried to think what I could've done wrong. When he asked, "Do you know what this is about?" I shook my head. Then he told me that someone had called the local Child Protective Services

office and reported that my boyfriend and I might be having sex. (I never learned who ratted me out or why.) "Are you having sex?" he asked. I said, "Yes. Am I in trouble?" He said no and let me return to class.

Later that day, my boyfriend called me at home and said he'd also been

questioned.

"Why are we in trouble for something

other people are doing too?" he wondered. "The cop even said you could be charged with a crime!"

By then I was *terrified*. I ran to my mom and told her everything. She was so upset, she drove me to the police station to find out what was going on. A different police officer finally told me the facts: I had committed a crime by having sex with my boyfriend because he was under "the age of consent" (which is 16 in my state), and investigators were looking into the matter to decide if it should go to the district attorney. If it did, the DA could charge me with sexual assault. I can't believe this, I thought—I'm not a criminal! I cried the whole way home.

JUDGMENT DAY

I didn't hear from the police for the next month or so, and neither did my boyfriend. Then one day, I got a summons from the DA saying that I was being charged with the sexual assault of a child—and that if convicted, I could get up to 40 years in prison. I *totally* freaked out! I kept thinking, Oh my God, I'm going to jail! My mom tried to stay calm. She started calling around to find a public defender who would represent me.

A month later, in April, I appeared before the judge. It was so scary. He asked if I understood the charges, then told me I'd need to appear in court again for a few more hearings. (My boyfriend couldn't come,

because the law prohibited me from seeing him.) Within days, the local paper ran an article about my court case. I was so embarrassed, I started bawling! For the rest of the school year, kids talked about me. I fell into a major depression; I didn't want to go to school. It was completely awful.

ry, she said she
th the boy over

According to the report, when
police interviewed the boy, he said he

River Falls police also interview
the boy's mother. She said she v

WEB EXTRA
Share
your shocking
story at
seventeen.com/mylife

Three months after my hearing, I finally received my punishment: I was prohibited from communicating with my boyfriend at all until July 2008. If I do, I might go to jail. It was *devastating* news.

I'm still really depressed about everything. I see my boyfriend at school, but we're not supposed to talk. I love him, and I know he still loves me. It's *hard* being apart. I care about him more than ever—and hope that a year from now, he'll still be my boyfriend. **17**

it happened to them too!

Tiffany isn't the only teen to get punished for fooling around.



Genarlow was a football star at an Atlanta, Georgia, high school. In 2003, when he was 17, he went to a New Year's Eve party and hooked up with a girl, 15, who willingly gave him oral sex. A friend videotaped it, and Genarlow was charged with aggravated child molestation, found guilty, and sentenced to 10 years in prison. Civil-rights groups protested the harsh sentence, but he's still behind bars.



Charlsey was 15 and a freshman when she started dating an 18-year-old senior at her Milton, Florida, high school. When her dad found out that she was having sex with an older guy, he was so angry that he called the cops. Her boyfriend was arrested, charged with sexual assault, and spent a year in jail. He and Charlsey (now 20) have since broken up, but he's still paying for his mistake: He has to register as a sex offender.



Upgrade!

Upgrade your life! Upgrade to Tampax Pearl®!
With three fabulous details, it's our best protection ever!



**Built-in Backup™
Braid**



**Absorbent
Core**



**Anti-Slip
Grip**



Try Pearl for free. Visit www.upgrade-u.com for a free sample, while supplies last. ©2007 P&G

**Sarah Michelle Gellar's
MISSION:**

make girls smart and strong!

With knowledge comes power. Find out how you can help girls in impoverished countries get a chance at a better life. **BY patty adams**

back to school
Sarah Michelle's mom—a former teacher—inspired her to join CARE.



I truly believe that empowering women through **education** is what's going to make a difference in this world. That's why I got involved with CARE, which helps educate girls and **fight poverty**. I went to Guatemala recently, and these kids looked at me and asked, 'Is it true that in the United States every child gets the right to go to school?' It was amazing. It's their **dream** to get an education—it's all they want. In some cultures they don't see the **value** in educating females, and that's why it's vital for CARE to bring teachers and instructional videos to these places. Sharing our knowledge helps girls realize that they're capable of achieving the life they want.

—Sarah Michelle Gellar

WEB EXTRA

What are you doing to save the world? Tell us at seventeen.com/mission.

make it **YOUR** mission

Get involved today! Here, four fun ways to help.

SHOW YOU CARE

Support CARE—and make a strong statement—with an "I Am Powerful" button (\$1) or tee (\$14), cafepress.com/careusa.

THROW A PARTY

Click on the "Host a House Party" link on globalfundforwomen.org to learn how you and your friends can help to protect girls' basic rights.

STAY IN TOUCH

Proceeds from New Moon Publishing cards (\$6, aauw.tranguard.com) help girls around the globe get a shot at higher education.

JOIN THE MOVEMENT

Sign the WomenAID Declaration on womenaidlive.com to urge the UN to fight poverty and violence against girls and women worldwide.



Upgrade your nightlife with New Tampax Compak Pearl™. It's big protection that fits in a tiny purse.

New

Tiny but extends to a full-size tampon to protect you big time.



Built-in Backup™ Skirt



For a chance to win a designer purse and for Official Rules, go to www.upgrade-u.com/purse. Sweepstakes ends on 12/31/2007. Must be 13 or older to enter. No purchase necessary. ©2007 P&G



planet rock
Teens party during the Live Earth concert at Giants Stadium in New Jersey on July 7, 2007.

do you really care about the environment?

With so much talk about the need to be eco-friendly, *Seventeen* partnered with thedailygreen.com for a survey to find out what you're really doing to protect our planet. by veronica byrd

80%
of girls say they're **not** doing enough to protect the environment.

And 81% think adults aren't doing enough either.

what you're most concerned about:



GLOBAL WARMING

42%



AIR POLLUTION

18%



WILDLIFE EXTINCTION

14%



WATER POLLUTION

9%



NEED FOR CLEAN ENERGY

9%



LOSS OF FORESTS

8%

HOW CELEBS ARE HELPING



CAMERON DIAZ

campaigns with Al Gore to fight global warming.



JUSTIN TIMBERLAKE

is planning an eco-friendly concert tour.



HAYDEN PANETTIERE

is ambassador for a wildlife foundation.



LEONARDO DICAPRIO

volunteers with Global Green USA.



GWYNETH PALTROW

works with Act Green to conserve energy.



JAKE GYLLENHAAL

has given money to plant trees.

WHAT YOU'RE DOING TO HELP



88%

of teen girls say they recycle at home.

DO EVEN MORE: You can also recycle old cell phones, magazines, and batteries! Find out about other items at thedailygreen.com.



73%

turn off the water while brushing their teeth.

DO EVEN MORE: Also limit time in the shower—you use 5 to 10 gallons of water each minute!



70%

say they use energy-efficient lightbulbs at home.

DO EVEN MORE: Unplug your computer, cell phone chargers, and stereo when they're not in use or they'll continue to draw power.

WHAT ELSE YOU SHOULD DO



Send text messages from your cell phone Your computer uses more than 30 times the electricity of your cell to transmit each e-mail.



Buy toilet paper made from 100 percent recycled paper. If every household traded a regular 12-roll pack for an environmentally friendly one, five million trees a year would be saved.



Don't print ATM receipts If everyone decided to forgo them for a year, that would save enough paper to circle the equator 15 times!



Start a paper recycling program at your school Most schools recycle aluminum cans, but half the paper from assignments and tests is thrown in the trash. This government guide has lots of tips: epa.gov/osw/students/school.pdf. Check it out!



Recycle your sneakers Nike has a Reuse-a-Shoe program that turns used sneakers into running tracks and basketball and tennis courts at schools. Find a nearby drop-off site at nikebiz.com.

in the green lane
Kirsten Dunst skips the gas-guzzling limo and hops into her eco-friendly hybrid car in L.A.



63%
of girls say they would buy a **hybrid or electric car** over a Porsche.

(Though only 15% of girls and their parents drive hybrid or electric cars.)

CUTIES WITH A CAUSE



bright idea
Avery (right, in white shirt) and his teen advisory board.

WIN!
GIVEAWAY
Be one of 500 girls to win a Philips energy-efficient lightbulb! Go to seventeen.com/lightbulb.

It's like a joke: How many cute guys does it take to screw in a lightbulb? But these guys are totally serious about saving the environment! After seeing an ad about how energy-efficient lightbulbs **reduce** carbon emissions, Avery Hairston, 15, started RelightNY (relightny.com), a charity in New York, NY, that gives **compact fluorescent lightbulbs** to low-income families. CFLs use less **energy**, last longer, and **reduce** electricity bills. "I may not be able to get people to buy hybrid cars or solar panels, but I *can* get them to **change** their lightbulbs," Avery says.



b on the b train
Beyoncé Knowles chose the subway over a taxi during a recent stop in New York.

32%
of girls take **public transportation**.

(But 17% say they don't carpool, take public transportation, or ride their bikes to get around. Tsk-tsk.)

be the girl you want to be

It's a new school year—and you can be a whole new you. Here's how!

BY HOLLY EAGLESON

BECOME MORE OUTGOING

You might feel shy, but making new friends isn't as hard as it sounds. You just need to have a plan.

Say hi first Everyone worries that she'll be snubbed if she makes the first move. That's why you should do it—so the other person doesn't think you're cold or aloof!

Ask questions If you get tongue-tied around new girls, pay them a compliment, and then ask a question ("I love your lip gloss! Who makes it?"). When you show interest, they'll think you're really nice and friendly!

Practice Next time you're in the caf line or whatever, make conversation with whoever is near you ("Have you tried that?"). No pressure: It's just light small talk!



"I was **nervous** around hot guys—until one said I seem intimidating because I'm quiet. Now when I'm afraid to **speak** first, I know he may be as scared of me as I am of him!"

—TONYA, 22, BOCA RATON, FL

PROVE YOUR SMARTS

You're so fun that people mistake you for ditz. But you *can* stop disguising your intelligence.

Target whiz kids Sit next to classmates who get the best grades. When you guys are partnered for projects, people will subconsciously associate you with them.

Revamp your space On your Facebook page, balance party pics with photos of family trips, amazing artwork, or places you'd like to travel. That way, it won't seem like going out is your only priority.

Keep it short Bubbly chatter might make you seem like an airhead, so speak slowly and choose your words carefully. You'll make a bigger impact by saying less.



"I was known as a ditz, but freshman year I joined the **debate** squad. As I learned about world issues, I shared them with friends, so they saw me as **smart** and fun."

—KATIE, 17, LEAWOOD, KS



Hilary proves she's no little kid anymore!



blonde ambition
Hilary Duff transformed herself from preteen cutie to majorly impressive superstar!

COME ACROSS AS MATURE

You're ready for more responsibility, but others see you as a little kid. Time to show your sophistication!

Dress for success If sweet or sloppy describes your look, trade up. By dressing more grown-up, you'll match your style to your true self.

Speak well Um, wanna seem, like, you know, older? Cut filler words and swap yep for yes to sound more adult instantly.

Get it straight Slouching makes you seem unsure of yourself. So stand tall (pretend there is a string on the crown of your head tugging upward), and you'll command respect.



WEB EXTRA

How do you want to change your rep? Tell us at seventeen.com/confidence.



"My mom is so **protective**, she used to call every day to wake me up! But on her visit, my dorm was **spotless**, and I'd prepacked for a trip. I seemed so responsible!"

—RACHEL, 20, CLARKSVILLE, TN

Put this where you'll see it every day! ➔



YOUR INSPIRATION:

“You know who you are. Focus on that. Other people will see that eventually.” —JENNIFER LOPEZ

Wallpapers

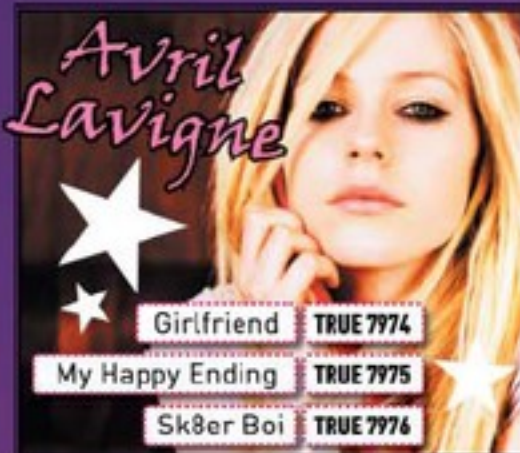


Text more2340 to 75555 to see the 10 most up-to-date Wallpapers!

Realtones

A Bay Bay - Hurricane Chris	true 7951
Beautiful Girls - Sean Kingston	true 7952
Bartender - T-Pain	true 7953
Party Like A Rock Star - Shop Boyz	true 7954
Make Me Better - Fabolous	true 7955
White Girl - USOA	true 7956
Umbrella - Rihanna	true 7957
Lean Like A Cholo - Down AKA Kilo	true 7958
Same Girl (Duet With Usher) - R. Kelly	true 7959
Pop, Lock & Drop It - Huey	true 7960
Can't Leave Em Alone - Ciara	true 7961
I Tried (So Hard) - Bone Thugs N Harmony	true 7962
Can't Tell Me Nothing - Kanye West	true 7963
Do You - Ne-Yo	true 7964
Sexy Lady - Yung Berg	true 7965
Buy U A Drank (Shawty Snappin') - T-Pain	true 7966
The Way I Are - Timbaland	true 7967
Big Girls Don't Cry - Fergie	true 7968
Amusement Park - 50 Cent	true 7969
Int'l Player's Anthem (Feat Outkast) - U.G.K.	true 7970
Wall To Wall - Chris Brown	true 7971
Anonymous - Bobby Valentino	true 7972
Rock Star - R. Kelly (ft. Ludacris & Kid Rock)	true 7973

Text more2341 to 75555 to see the 10 most up-to-date Realtones!



Screensavers



Text more2344 to 75555 to see the 10 most up-to-date Screensavers!

HOW TO ORDER

- Go to: Main Menu, Phonebook, Messages, Multimedia, Settings
- Select: Create Message, Message Index, Voicemail, Quick Notes
- Text Orderword: wall3276
- Send to: 75555

HOW TO DOWNLOAD

- Go To Inbox: Message Center, Create Message, Message Index, Voicemail
- Select Link: 1) Jamster! WALLPAPER
- Start Download: Message 1, Jamster! Monthly - XXL Plan, From: den.jamster.com, 8:35pm 03/11/05

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Themes



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*All content items are part of the Jamster! Monthly XXL Plan, which is subject to Terms of Service available at jamster.com. Each month you will get download credits for 6 ringtones, 10 graphics and 4 games/software (unavailable for T-Mobile, Virgin Mobile and Verizon Wireless customers), all for just **\$9.99/month**. Redeem your credits at jamster.com. The XXL Plan automatically renews if not cancelled. Must be 18+ or have parent's permission to sign up on their behalf. If handset does not support content, next best supported content is delivered. Normal messaging & data charges apply. Carrier data plan required. To cancel your plan text "stopxxl" to 75555. Need help? E-mail to info@jamster.com or call 866-856-JAMS.

to: tina fey, age 17

Tina, 37, was one of the bitchiest girls in her school. But she turned her angst into scripts for *30 Rock*, *SNL*, and the movie *Mean Girls*!

WEB EXTRA

Cool women talk about their 17-year-old selves at seventeen.com/17.



age 37

Dear Nerd,

That churning feeling that keeps you up at night is not food poisoning, it's **ambition**. Ambition is fine, but take your time. Enjoy where you are now. You know how you **audition** for the school musical every year, but never get a big part? Take that as a hint that musicals aren't your thing. Write your own shows to be in. Be **patient**. Everything will work out great.

In the meantime, stop talking about other girls behind their backs. This is totally **pointless**—and also kind of poisonous. You're going to look back later and realize that the girls who seemed like they were so **cool** and had everything figured out were **actually** just as stressed out as you were. If you have to choose between being kind to someone or crushing them with one of your "hilarious" burns, be **kind**. You'll feel **better** about it 20 years later.

Oh, and when it comes to guys, don't ever go out with one who won't let you say, "This is my boyfriend" in **public**. It means he thinks he can get someone better than you. And that is not an **acceptable** use of your time!

Sincerely, Me

PS: You might want to think about **plucking** your **eyebrows**. Just a little bit in the middle. And on the bottom. And the top.



age 17

funny flashback
Tina grew up in Upper Darby, Pennsylvania.



age 36

30 rock solid
Tina with castmates Alec Baldwin and Tracy Morgan.



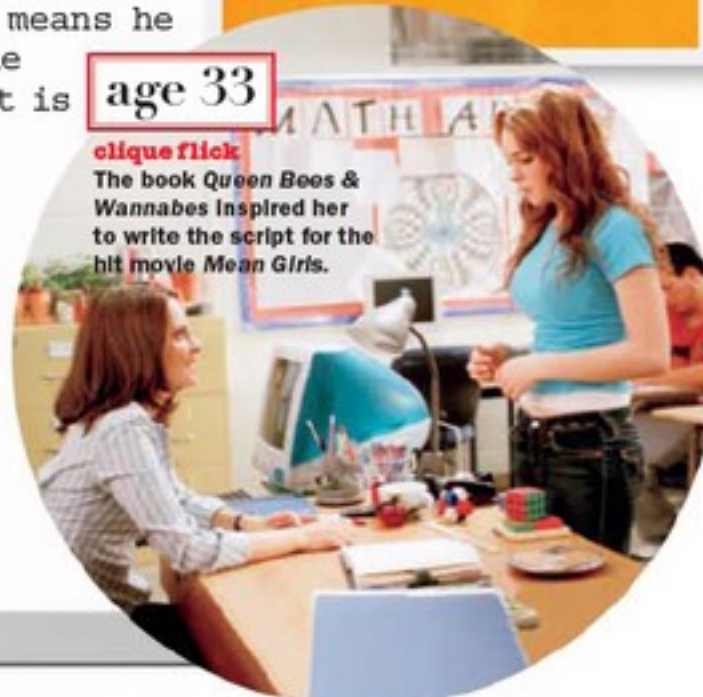
age 34

anchors away
Tina, here with longtime friend Amy Poehler, was the first female head writer on *SNL*.



age 26

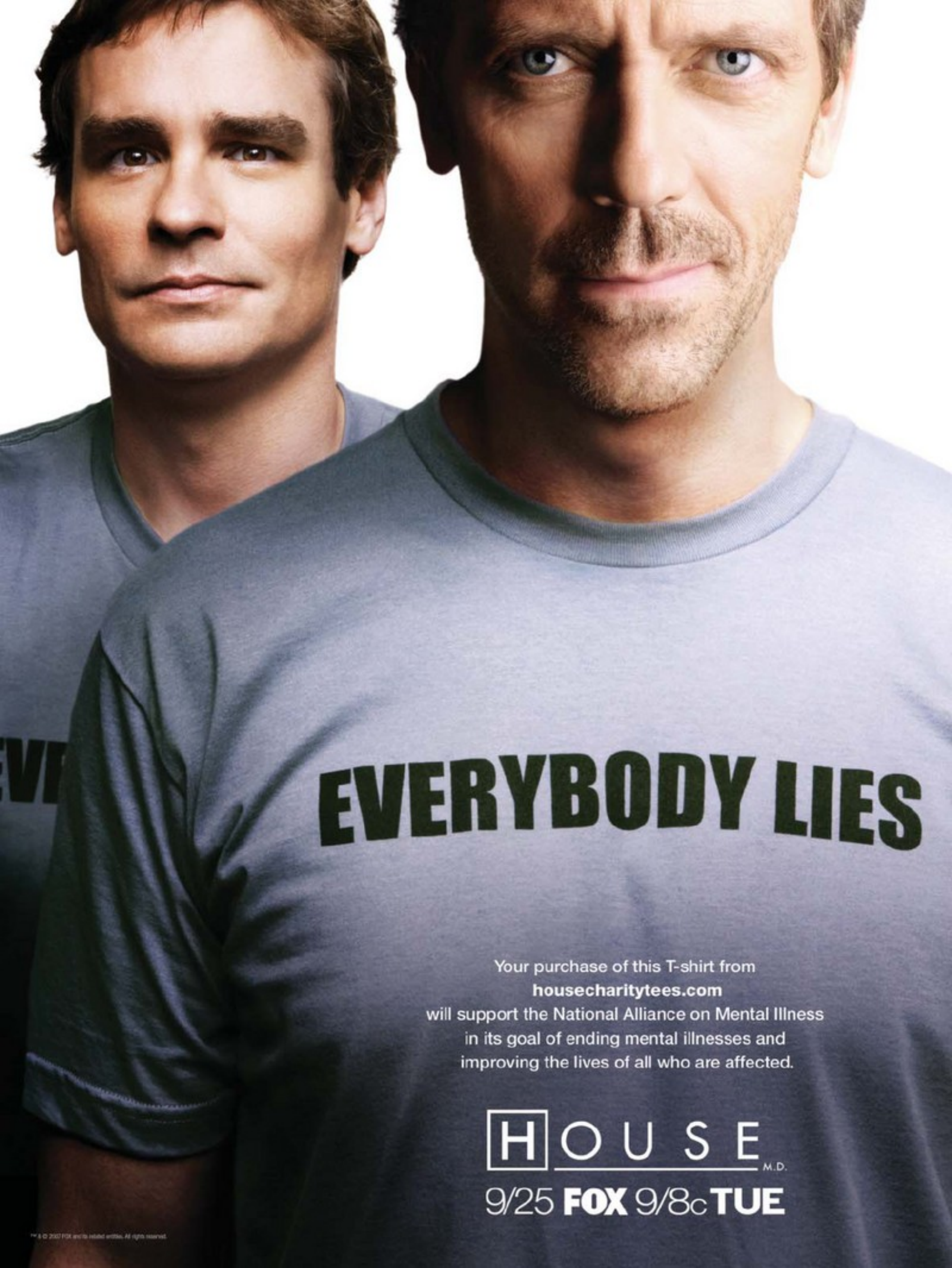
wiggling out
Tina and pals Scott Allman and Rachel Dratch were members of Chicago's famous Second City theater troupe.



age 33

clique flick
The book *Queen Bees & Wannabes* inspired her to write the script for the hit movie *Mean Girls*.





EVERYBODY LIES

Your purchase of this T-shirt from
housecharitytees.com
will support the National Alliance on Mental Illness
in its goal of ending mental illnesses and
improving the lives of all who are affected.

HOUSE_{M.D.}

9/25 **FOX** 9/8c **TUE**

your weekend

**HEY,
PUMPKIN!**

Print out templates to
create these
exclusive designs at
[seventeen.com/
weekend](http://seventeen.com/weekend).



seventeen

HALLOWEEN

SPECIAL!

Whether you're feeling spooky or sultry on October 31, you can get into the spirit on *any* budget. Try one of our costume or party ideas—they're so cool, it's scary!

17 EXPERT: Gene Granata of Masterpiece Pumpkins (masterpiecepumpkins.com) hand-carved these Funkins (fake pumpkins that look totally real!); \$28 each, funkins.com.

TURN for more fun stuff! →

the coolest costumes

BETTY BOOP

17 INSPIRATION



Heidi Klum

Huge false eyelashes look hilariously glam.

dress
Sizes 1-13, Jessica McClintock, \$118, Jessica McClintock boutiques.
wig
Spookshop.com, \$10, spookshop.com.
earrings
Girlprops, \$5, girlprops.com.
fake breasts
Halloween Adventure, \$15, halloweenadventure.com.
gloves
Anytime Costumes, \$5, anytimecostumes.com.
bracelets
(from top): large two-row rhinestone bracelet, \$24, and multisize rhinestone bracelet, \$18, both Simply You, both lulusfashionlounge.com; three-row rhinestone bracelet, Nima Accessories, \$8, lulusfashionlounge.com.
padded behind
La Curvi, \$35, call 718-424-0975 to order.
bag
Claire's, \$15, Claire's stores and claires.com.
shoes
Sizes 6-11, T.U.K., \$30, Hot Topic stores and hottopic.com.

lauren, 18



Body padding gives you cartoonish curves.

VIDEO

Learn how to do the makeup for these Halloween looks at seventeen.com/halloween.

ZOMBIE BRIDE

17 INSPIRATION



Christina Aguilera

Just buy a yard of inexpensive tulle for a veil.

dress
Sizes XS-XXL, Daang Goodman for Tripp NYC, \$90, Hot Topic stores.
fake blood
See p. 131 for info.
wig
Wow Wigs, \$45, wowwigs.com.
tiara
Girlprops, \$15, girlprops.com.
ring
Claire's, \$10, Claire's stores and claires.com.
shoes
Sizes 6-10, Jessica Simpson Footwear, \$69, Macy's.

Distress your dress with a brick of charcoal.

mariel, 16



Knock 'em dead with these boo-tiful outfits (okay, we'll stop with the puns). They're all pulled together with pieces you can find at the mall—or in your closet!

SEXY PIRATE

17 INSPIRATION



Vanessa Minnillo

Arrrr! Make a gold tooth—learn how at seventeen.com.

karolyn, 17

Jacket

Sizes S–XL, Steve Madden, \$170, select Macy's.

ribbon belt

M&J Trimming, \$2 per yard (you'll need about two yards), mjtrim.com.

top

Sizes XS–L, Forever 21, \$18, forever21.com.

skirt

Sizes XS–L, Forever 21, \$23, forever21.com.

hat

Celebrate Express, \$18, celebrateexpress.com.

earrings

Celebrate Express, \$3, celebrateexpress.com.

pirate hook

Celebrate Express, \$2, celebrateexpress.com.

boots

Sizes 5–11, Nine West, \$120, select Nine West stores.

You'll wear these long after Halloween!

FLAPPER GIRL

17 INSPIRATION



Karolina Kurkova

Borrow Mom's beads if you don't want to buy any!

Dress

Sizes 0–12, Donna Morgan, \$100, donna-morgan.com.

headband

Anytime Costumes, \$4, anytimecostumes.com.

scarf

Forever 21, \$7, Forever 21 stores and forever21.com.

necklaces

Thin black bead necklace, \$5, thick black bead necklace, \$12, and silver-and-black bead necklace, \$9, all Claire's, all at Claire's stores and claires.com.

tights

One size, Anytime Costumes, \$4, anytimecostumes.com.

shoes

Sizes 5–11, Isaac Mizrahi for Target, \$30, select Target stores and target.com.

Layer nude tights under your fishnets on a cold night.

mariel

TURN for more costume ideas! ➔

GYPSY WOMAN

17 INSPIRATION



Hilary Duff

This cap is perfect for chilly fall nights.

karolyn

top
Sizes S-L, United Colors of Benetton, \$39, 800-535-4491.
tank (underneath), sizes XS-XL, Old Navy, \$8, Old Navy stores.
skirt
Sizes S-L, Blue Plate, \$50, blueplatefashion.com.
skirt (underneath), sizes S-L, Blue Plate, \$50, blueplatefashion.com.
hat
Forever 21, \$10, Forever 21 stores and forever21.com.
necklaces
Large bead necklace, Mixit by JCPenney, \$18, JCPenney and jcp.com; brown Lucite necklace, Forever 21, \$6, Forever 21 stores and forever21.com; brown leaf necklace, American Eagle Outfitters, \$20, American Eagle Outfitters stores and ae.com; beige stone necklace, Icing, \$8, Icing stores.
belt
Sizes S/M and M/L, Forever 21, \$8, Forever 21 stores and forever21.com.
bracelets
Mixit by JCPenney, \$18 for set of four, JCPenney and jcp.com.
ring
Claire's, \$5, claire's.com.
shoes
Sizes 5½-10, Aerosoles, \$60, aerosoles.com.

No need for a pedi—gypsies go au naturel!

GLAM FAIRY

17 INSPIRATION



Lydia Hearst-Shaw

The funky makeup gives this look a cool edge.

dress
Sizes S-L, GoJane, \$34, gojane.com.
earrings
Girlprops, \$20, girlprops.com.
wings
Annies Costumes, \$50, anniescostumes.com.
bracelets
Silver cuff, Forever 21, \$7, Forever 21 stores and forever21.com; pink bangle and Lucite bangle, Claire's, \$3 each, Claire's stores and claire's.com.
tights
Sizes 1-3, Hue, \$11, Macy's.
shoes
Sizes 5½-10, Delicous, \$10, select A'Gaci stores and 210-377-3393.

Add shiny tights for extra sparkle.

lauren

WEB EXTRA

Share your best (and worst!) Halloween costumes at seventeen.com/costumes.

TURN for party ideas! →

It hangs on tight so you don't have to.

Now there's an improved adhesive on every Always pad for Stay Put Protection that hangs on better than ever before. So whether life takes you up, down, or upside-down, you can just sit back and enjoy the ride. Check out our new backside and get a free sample at AlwaysSticks.com.

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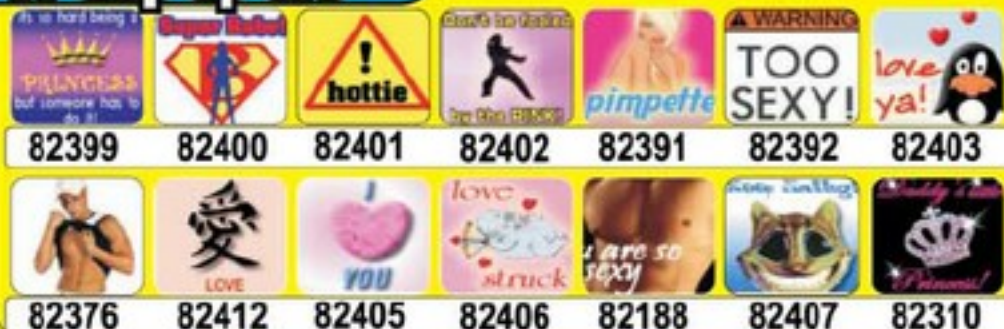
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Wallpapers



Games



Animations



HOW TO ORDER

Need help ordering? Simply follow the easy steps explained below!



Ringtones

	POLY TONES	SMART TONES
Cascada - Miracle	82417	82416
Rihanna - Shut up and drive	82419	82418
Plain White T's - Hey There Delilah	82380	82381
Enrique Iglesias - Do You Know? (Ping Pong)	82382	82383
Timbaland Featuring Keri Hilson - The Way I Are	82384	82385
Amy Winehouse - Rehab	82363	82366
Rihanna Featuring Jay-Z - Umbrella	82352	82353
Daughtry - Home	82354	82355
Fergie - Big Girls Don't Cry	82356	82357
Shop Boyz - Party Like A Rockstar	82358	82359

SMART TONES Better than Real Music!

Justin Timberlake - Summer love	82341	82340
Bone Thugs-N-Harmony feat. Akon - I Tried	82345	82344
Maroon 5 - Makes me wonder	82339	82338
Kelly Clarkson - Never again	82343	82342
Diddy feat Keyshia Cole - Last Night	82265	82266
Avril Lavigne - Girlfriend	82250	82244
Beyonce feat Shakira - Beautiful Liar	82256	82245
Timbaland feat Justin & Nelly - Give it to me	82251	82246
Daughtry - It's not Over	82263	82264
Pink - U + Ur hand	82300	82299
Fergie feat. Ludacris - Glamorous	82247	82237
Carrie Underwood - Before he cheats	82298	82297
Gym Class Heroes - Cupid's Chokehold	82261	82262
Gwen Stefani feat. Akon - The sweet escape	82252	82239
Cascada - Everytime we touch	82200	82199
Beyonce - Irreplaceable	82255	82243
Ricky Martin - Pegate	82324	82327
Camila - Todo Cambio	82319	82320
Ivy Queen - Que Lloren	82323	82326

Rap & R'n'B

R. Kelly Or Bow Wow - I'm a Flirt	82294	82293
Akon feat. Eminem - Smack that	82087	82088
Akon - Don't matter	82248	82238
Mims - This is why I'm hot	82257	82258
Rich boy feat Polow Da Don - Throw some D's	82259	82260

Sound Effects

Ghost	82411	Fart	82230
Rooster	82410	Baby Laughing	82234
Scary laugh	82232	Toilet Flushing	82235

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Text: **CH8**
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Which one should I wear? To find out:

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your weekend

HALLOWEEN
SPECIAL!



cauldron cocktail
napkins

C.R. Gibson, \$4 for pack
of 16, crgibson.com



Check out
the spooky
skulls!

skull-and-bone
bead necklace
Pushin Daisies,
50¢ each,
pushindaisies.com



freaky mint candy
Accoutrements, \$2,
perpetualkid.com

get the fright stuff!

Be the (g)host with the most—your friends
will love these party tricks and treats.



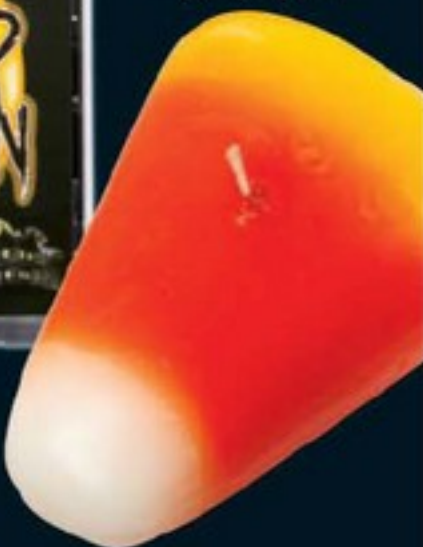
gummy teeth

Economy Candy,
\$4 per pound,
economycandy.com

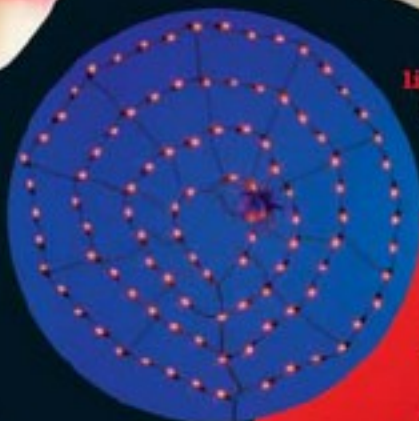
SEVENTEEN.COM/
PLAYLIST
GET PANIC! AT THE DISCO'S
FAVORITE HALLOWEEN
PARTY TRACKS
at seventeen.com/
playlist



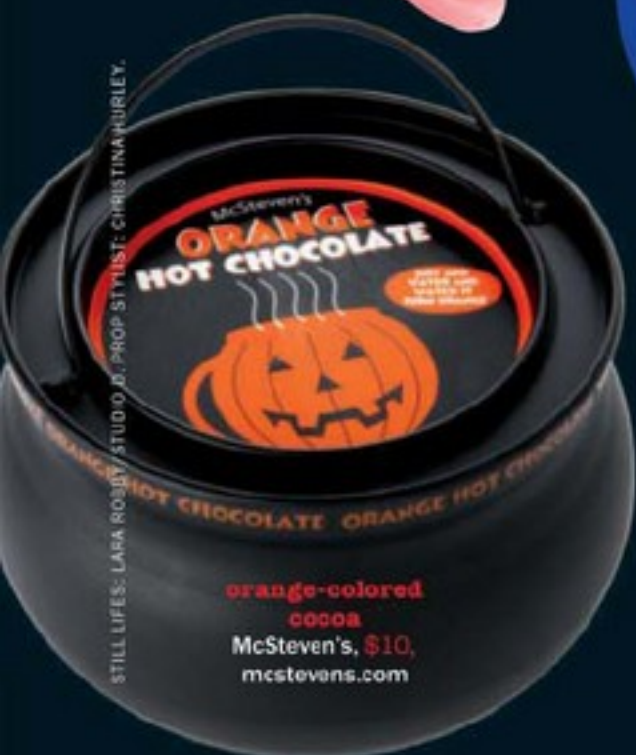
scary sound effects CD
IntroSound Entertainment,
\$8, shindigz.com



floating candles
Plum Party, \$12 for six,
plumparty.com



lighted spider web
Golden Light, \$25,
shindigz.com



orange-colored
cocoa
McSteven's, \$10,
mcstevens.com

fake blood
Fun World, \$5, Party
City stores



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long with the great
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Have a happy period.

always

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**why are we so
obsessed with
plastic surgery?**
page 162

It seems like everyone this side of *The Hills* (Hi, Heidi!) is going under the knife lately. But that doesn't mean you should. Here's what you need to know.



fall in love...
page 152

One of the best things about fall is the way the leaves change colors—it's nature at its prettiest. So we tapped into those perfect shades for five gorgeous makeup looks.



oh, brother!
page 150

Ever have a moment when you wanted to just kill your brother? Judy Blume, everyone's big sister, knows exactly how you feel.



**dating
drama**
page 148

Did your romantic life just take an unexpected turn for the worse? Don't sweat it! Our backup plan will help you recover.

seventeen
**Our October
inspirations**



Lauren made us
her own
inspiration
board!

lauren conrad
page 142

Lauren has dreamed of being a fashion designer since the seventh grade. See how her dream became a reality!



RELAXED

**make over
your mood**
page 134

Scarlett knows that your clothes can change how you feel. The outfits in our story will overhaul your outlook on life.



SWEET



BOLD

make over your Mood

You can actually change your attitude just by changing your clothes—and these cute outfits *feel* as good as they look!

Photographs by Andy Eaton



Flirty

dress

Sizes S-L, 213 Industry,
\$98, 213Industry.com.

necklaces

Three-strand quartz
necklace, \$118, and
netted pearl necklace,
\$125, both R.J. Graziano,
call 212-685-1248 to order.

watch

Freelook Watches, \$200,
freelookwatches.com.

bag

BCBG Maxazria, \$150,
bcbgmaxazria.com.

shoes

Sizes 5½-11, Stuart
Weitzman, \$280, Stuart
Weitzman boutique,
Beverly Hills, CA; call
310-860-9600 to order.

CONFIDENT

**dress**

Sizes XS-XL, Old Navy, \$35, Old Navy stores.

top (underneath), sizes 1X-3X, Misspht, \$39, select Dillard's.

belt

Sizes 75cm-100cm, D&G, \$225, D&G Boutique, New York, NY; call 212-965-8000 to order.

bracelet

D&G, \$350, D&G Boutique, New York, NY; call 212-965-8000 to order.

rings

Ring on ring finger, \$38, and ring on middle finger, \$45, both Glamour Ring, call 212-594-0034 to order.

bag

BCBG Maxazria, \$178, select Lord & Taylor.

hoodie

Sizes XS-L, Heatherette,
\$60, Macy's.

shirt

Sizes XXS-XXL, Aerie by
American Eagle, \$25,
aerie.com.

necklaces

Silver link necklace, R.J.
Graziano, \$125, call
212-685-1248 to order;
loket necklace,
Erika Peña, \$120,
erikapena.com.

watch

D&G, \$175, D&G Boutique,
New York, NY; call 212-965-
8000 to order.

bracelets

Thin blue-stone bracelet,
Noir, \$110, noirnyc.com or
call 212-244-4846 to
order; large rhinestone
bracelet, \$380, and blue
bracelet with oval
rhinestones, \$145, both
Noir, both shopkitson.com.

Silly



coat
Sizes S-XL, ZInc, \$78,
dillards.com.

gloves
Julcy Couture, \$125,
shopbop.com.

bag
Michael by Michael Kors,
\$595, Nordstrom.

shoes
Sizes 5-11, Kors by Michael
Kors, \$210, Saks Fifth
Avenue and zappos.com.

Sweet



chill

jacket

Sizes 1X-3X, Outeredge
for Deb, \$30, Deb stores.
top (underneath), sizes
S-XXL, \$28, bella.com.

jeans

Sizes 12-26, Torrid,
\$52, torrid.com.

necklace

R.J. Graziano, \$110, call
212-685-1248 to order.

hoodie

Sizes 1X-3X, Derek Heart
Plus, \$13, Bealls.

top

Sizes S-XXL, Bella, \$28,
bella.com.

hat

Diesel, \$80, Diesel stores.

bag

Jenny Yuen, \$295,
lunaboston.com.

broach

R.J. Graziano, \$95, call
212-685-1248 to order.

sneaky





jacket
Sizes S-L, Billabong, \$80,
billabonggirls.com.

top
Sizes XS-XL, Lacoste, \$105,
lacoste.com.

jeans
Sizes 1-13, Yunique, \$35,
yuniqueclothing.com.

earrings
Noir, \$80, shoppetrozillia.com.

watch
D&G, \$250, D&G Boutique,
New York, NY; call
212-965-8000 to order.

bracelets
Thin black bangle and thin
white bangle, Roberta
Freyman, \$50 each, Roberta
Freyman boutique, New York,
NY; call 212-585-3767 to order;
large black bangle and large
white bangle, CH Carolina
Herrera, \$70 each, Carolina
Herrera boutiques.

bag
Jill Stuart, \$275, Nordstrom.

strong

Styling: Beau Quillian for Utopia
Hair: Diego Americo for Redken/Cutler
Makeup: Bill Westmoreland

ON LAUREN: Top and skirt, Lauren Conrad Collection; bird-and-birdhouse necklace and bee pendant necklace, Pade By Pade Vavra Collection; heart necklace, K + K Creative; belt, Gabriella Giovanni; shoes, Yves Saint Laurent.

“This outfit is sexy, but it definitely has a professional look.”



lauren conrad

In the midst of dealing with all the drama on *The Hills*, Lauren somehow found the time to design a hot fashion collection. Here, she gives *Seventeen* an exclusive peek at her new line—and the scoop on all those juicy rumors.

g oogle the words *Lauren Conrad* and *rumors*, and 163,000 links pop up on your computer screen: “Lauren and Heidi fight!”; “Lauren’s ex arrested again!”; “Lauren breaks Brody Jenner’s finger!” The 21-year-old reality star has been defending herself against various haters and gossipmongers ever since her *Laguna Beach* days. (Remember the Kristin Cavallari/Stephen Colletti drama?) Maybe that’s why we love her so much: For the past three years, we’ve watched her deal with the same kinds of friend and guy problems we *all* have—and become more confident and comfortable with herself in the process. Now Lauren has proven that good girls really *can* finish first, by parlaying her reality-TV fame into a real-life fashion career. ➡

By Carissa Rosenberg

Photographs by Andrew Macpherson

Here, exclusively in *Seventeen*, she models a few of her cute new designs (they're available at shoplaurenconrad.com)—and shares some of the hardest lessons she has learned about love and friendship. (BTW, that broken-finger story? Totally false.)

17: I've heard that a few of your friends from *The Hills* have disappointed you. Can you explain that?

Lauren Conrad: Some people are willing to betray years of friendship just to get a little bit of the spotlight. They just want to become famous so badly, and that's never really made sense to me. I mean, it's fun to go out and do stuff in Hollywood, but if it was gone tomorrow, I really wouldn't be disappointed. But there are some people who just need to have it—and once they get a little bit of it, they'll do *anything* to keep it. When you're willing to give up a friendship for a little bit of fame, that's really disappointing.

17: You've hinted that Heidi is one of those fame-hungry people. Is it true that she crashed some of your shoots for *The Hills*?

LC: [Nods.] I actually came dangerously close to not doing season three, because I really didn't want to do the show with Heidi and [her boyfriend] Spencer. I'm not who they are. I don't stage my own publicity. I just kind of live my life and do my job, and I don't want to be grouped with them. So I basically had to make an agreement where I said, "I do not want to film with them. I would never normally hang out with them, so I don't want to be in any setting with them." And [MTV] said, "Fine." But there were a few occasions where Heidi and Spencer showed up unexpectedly [at a club called Les Deux].

17: What did you do?

LC: I took off my mike and walked downstairs where they're not allowed to film. I told the crew, "As soon as they leave, I'll come back up." But then Heidi went and found me—with a camera behind her! And she tried to confront me! I just started yelling at her. I didn't really say anything bad—I mean, she knows all the things she did to me. Heidi kept saying, "Why are you so angry at me?" And I was like, "Don't act like you don't know! Don't act like you're innocent!" I think that's the only time [this season] when you see interaction between Heidi and me.

17: So why are Heidi and Spencer still part of the show?

LC: [MTV] says Heidi and Spencer were always a part of the show, and they can't all of a sudden make main

characters disappear. And so we continue to follow their lives, and the producers keep letting Heidi and Spencer think there's some hope.

17: Hope that you'll make up, you mean?

LC: Mm-hmm.

17: The show makes it look like there isn't anything likable about Spencer. Is there?

LC: No.

17: Your ex Jason Wahler was also trouble. He's even been arrested a few times since you two broke up. Did you suspect he had such a big problem with drugs and alcohol when you were together and just choose to look the other way?

LC: If I looked the other way, he would have been arrested a lot sooner.

“When you're willing to give up a friendship for a little bit of fame, that's really disappointing.”

17: So you protected him. How did you get caught up in a relationship that was so bad for you?

LC: In the beginning, he wasn't so bad. And by the time his behavior escalated [to alcohol abuse], I was just so in love that I didn't really care. I guess I decided that it was better to be with him and be unhappy than to be alone—which I was incorrect about.

17: Why are girls so quick to nurture guy relationships, and then forget about their friends?

LC: I guess it's because you always consider your girlfriends to be more forgiving. If you blow off a girlfriend for the night, you know you can call her the next day and say "I'm sorry." But if you blow off your boyfriend, there's a chance he'll break up with you! ➡

ON LAUREN: Dress,
Lauren Conrad Collection;
earrings, Hélène Zubeldia;
white and black bangles,
Tiffany & Co.; cuff,
R.J. Graziano; shoes,
Giuseppe Zanotti Design.



“This is my
cute going-
out dress.
It’s flowy, so
you feel
comfortable
in it.”

17: Speaking of boyfriends, are you in a relationship right now?

LC: No. I don't have the time. I mean, I'll date—I like dating. But ever since Jason and I broke up, I've been experiencing a one-date curse: I've had only first dates with every guy I've gone out with.

17: Do you have any first-date rules?

LC: I don't kiss on the first date. My friends always make fun of me for that! But I will hold hands.

17: Holding hands is actually really intimate!

LC: I know! If a guy's not gonna hold your hand, do you really want to kiss him?

17: Good point! And while we're on the subject of dates: Would you ever go out with an actor?

LC: I always say that I don't want to. But pretty much everyone I date is an actor, or on a reality show. It's like, half the people in L.A. are on reality shows! It's a very odd experience to go through: All of a sudden, people know your entire life—and then five minutes later, nobody cares. Other people on reality shows can relate to that. We kind of get each other.

17: You're still tight with people who knew you back in the day. Is there one high school friend who you're closest to?

LC: No—there are a *lot*! They all go to USC, so I hang out with them all the time. Friendship, to me, is about trust and loyalty. You don't ever want to have to second-guess whether you can tell a friend something. Most of my really good friends just don't have any interest in the show. I like not having to talk

about it when I'm with them. It's nice to just get away. I mean, I don't want to be on TV forever. Designing clothes is what I *really* want to do. I want to be creating clothes after [my TV stardom] goes away. I'm trying to build a fashion career.

17: Glad you brought that up! It must be so cool to have your own label. Were you into designer names back in high school?

LC: Yeah. I even bought a fake Coach purse once, which I'm embarrassed about now. But it was mostly about Louis Vuitton and Marc Jacobs bags and Chanel sunglasses. *Everyone* wore Chanel glasses—that was the big thing! I remember when I got mine for my 16th birthday. That was, like, the highlight of my high school experience!

17: It sounds like your parents were pretty generous. Were they?

LC: No! They made me submit a clothing budget every year, to teach me how to manage money. I'd have to be like, "I need six pairs of jeans" . . . all the way down to socks and underwear! They'd go through my budget, edit it down, and eventually OK a certain total, which they would put on a credit card. As soon as it was gone, I was done.

17: No way! Did you know anyone

else whose parents made them do that?

LC: No, it was just mine. And my dad cut me off when I was like, 19. He said, "Now you're a self-feeder." Which meant that I was going to have to feed myself. But actually it was liberating to be like, "I don't need my parents' money anymore." I like the fact that I support myself. **17**



ON LAUREN: Dress, Lauren Conrad Collection; bracelets, Luc Kieffer; shoes, Sergio Rossi.

lauren by numbers

1,944 fun things to know about your favorite reality star!

3

Number of cars she's owned since getting her driver's license (1st car: Toyota 4-Runner; 2nd car: BMW convertible; 3rd car: Mercedes convertible)



5

Number of outfits she usually tries on before she goes out

3

Number of nights per week she heads to a club

7

Number of exes she's been able to stay friends with



Ex Jason Wahler

40

Number of handbags in her closet (favorites include a black Chanel tote, a vintage Chanel evening bag, and any of her Linea Pelles—she has 'em in every color)

Lauren and BFF Audrina Patridge

LAUREN ♥ LINEA



50

Number of times she's seen her favorite movie, *Dirty Dancing*



20

Number of text messages she sends per day



16

Number of friends from Laguna Beach she still stays in touch with

1,800

Number of cell minutes she uses each month





**“Well, I guess it’s
back to square one.
Wait a minute—
who’s that cute guy
over there?”**

dating drama

When it comes to romance, it's hard not to let your fantasies run away with you a little. But sometimes that's just when reality steps in and gives you a rude wake-up call. If things with a guy don't work out as you'd hoped, it hurts. So how do you bounce back from the disappointment? No worries! We've got your plan B. **BY MELISSA DALY**

PLAN A:

Have magical night at big school dance with hot boyfriend.

CRISIS:

Boyfriend dumps you out of the blue—just before the dance!

PLAN B:

Have okay time at event without ex; embrace freedom.

Pretend that the romantic evening you'd pictured just got rain-checked—and replaced by a night out with friends. (That will take off some of the pressure.) Get a guy **friend** who always makes you laugh to be your "date"; once there, sit with your crew and try to have **fun**. If your ex is there with another girl, act like it doesn't bother you. (You can cry in private later.) After the dance, get over the breakup by looking at your ex **realistically**. Remember the times he was a total doof? And how he flirted with other girls? Good! Once you see that he wasn't all that, you may even be *glad* he's gone.

PLAN A:

Ask out longtime crush; get an enthusiastic "Yes!"

CRISIS:

Crush gives you a flat-out no—right to your face!

PLAN B:

Scoop self-esteem off floor; tweak asking-out strategy.

First off, feel proud of yourself for having had the **confidence** to ask him out to begin with. Listen, sometimes when you surprise a guy, you don't get the best results. We're not going to lie: He probably just isn't into you. But there are other guys who *are*. So set your sights on a cutie who has shown **signs** that he likes you back (he smiles at you a lot or goes out of his way to talk to you). Then take the pressure off asking him out by making it a **nondate**. Invite him to something low-key (like a study session). That should get the ball rolling, and it won't feel so forced since you're not making it a big deal!

PLAN A:

Enlist friend's help in landing hot guy you've been eyeing.

CRISIS:

Friend says hot guy is *her* new crush—and that she saw him first!

PLAN B:

Determine who has better chance; be a good winner/loser.

Step 1: Tell your friend that you like the guy too. Step 2: **Assure** her that the last thing you want is for this to come between you. Step 3: Figure out who *really* has dibs. Has he actually *confessed* that he likes you? If so, then you have the green light to go for it—as long as your friend **agrees**. (Don't ask her to help you snag him, though. That would be rubbing it in her face.) But if it turns out that your friend actually has a better shot, face the truth, wish her luck, and cross him off your list (at least for now). Comfort yourself with this thought: Guys come and go, but good friends are **forever**.



Juicy

Oh, brother!

He calls you names, farts in your face, or even just completely ignores you! Legendary author **Judy Blume** explains why, with brothers, it can take a while to appreciate what you've got.

My brother was four years old when I was born, and I'm not sure he ever got over it. Family lore has it he had such a temper that he held his breath until he turned blue. He kicked his kindergarten teacher in the stomach on the first day of school. In photos, he has a pained look on his face. So I tried to be perfect. I sang, I danced, I got good grades—whatever it took to please my parents. Only my eczema gave me away.

My brother was quiet, and uncomfortable around people, like our mother. While I roller-skated and played with friends on the street, he spent his time in the basement workshop, inventing things. He lived inside his head. None of us understood him.

I'd heard whispers about his genius IQ, so when he told me to stand with one foot off the ground during thunderstorms so the lightning would have a way out if it hit me, I believed him. I hopped around the house on one foot and never used the toilet during a storm because he said the lightning could come up and strike me *there*.

My friends thought I was lucky to have an older brother. They found him fascinating. I never told them we weren't the perfect family we pretended to be.

I was starting eighth grade when my brother left for college, and for the next five years I lived as the only child in the house. I'd like to say I missed him, but the truth is, I was *relieved*. The tension in our house disappeared when my brother left. I sometimes felt guilty about that.

The first time we visited him at college, I was only 14, but he set me up on a date with a red-cheeked freshman. The four of us went out with another couple. My brother and his date in the front seat, the rest of us squeezed into the back. I wore a sleeveless denim dress and Cuban heels and stuffed my bra with toilet paper, trying to look

older. I wanted my brother to be proud of me. It never occurred to me that he probably wanted the same. After the movies, my brother and his date and the other couple made out. My date and I just sat there, staring straight ahead, wishing we could go home. My brother has no memory of this night. I remember it in great detail. Like most siblings, we remember things differently.

I didn't see a lot of my brother after that. He dropped out of college, joined the Air Force, married early, and was sent overseas. He and my sister-in-law arrived back in the States on a sunny Sunday in July, just weeks before my wedding. On the way home from the airport, they announced they were expecting a baby. My father let out a whoop of joy—then the car swerved. My mother screamed. Two hours later my father died of a heart attack and our lives were changed forever.

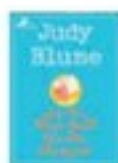
You'd think this tragedy would have brought us closer together, but it didn't. We never talked about it. Neither did our mother. Each of us mourned alone. There was no comfort in being together.

For the next 25 years my brother and I lived in different worlds. Oh, sure, we saw each other once or twice a year, and at those family gatherings our kids played together. But that was it. It wasn't until after our mother's death, after our kids were grown, after we'd both divorced and remarried, that we discovered we have some things in common. We began to spend time together in Key West, a city we both love, although we never knew it. When we're together we reminisce. There are some things we can't talk about, like politics. I look at my brother differently now. I care about him.

Maybe it's true that as you grow older you mellow. Maybe the things that once made you so angry don't seem as important.

You don't get to choose your siblings. You're lucky when you grow up close, when you're there for each other. Some brothers and sisters never reconnect. I feel lucky that we did. After all, my brother and I share a history. We're family. **17**

Judy



Judy Blume has written 24 best-selling novels, including classics like *Are You There God? It's Me, Margaret*; *Blubber*; and *Forever*. Her most recent book for younger readers, *Soupy Saturdays With the Pain & the Great One*, is on shelves now.

SULTRY

Deep amethyst eyes make your sexy gaze even more intense, and your nearly naked lips are just waiting to be kissed.

fall in love...

Forget that your summer fling is over—you'll have so much more fun flirting with this season's prettiest makeup.

by nicole pearl
photographs by sarah silver

CHEEKS

For a gentle glow, sweep a glimmering bronzer onto cheeks, forehead, and nose.

try: Jane Simmering Bronzer in 15 Mohave, \$6, drugstores

try: Physicians Formula Baked Bronzer Bronzing & Shimmery Face Powder, \$12, drugstores

try: Bonnebell Blend 'N' Glow, \$5, drugstores

try: Isadora Bronzing Powder in Terracotta Gold, \$12, Walgreens stores

try: Cargo Big Bronzer, \$32, Sephora stores

EYES

Apply a bold purple shadow across your lids up to your browbones.

try: Chanel Soft Touch Eyeshadow in Lavande, \$28, chanel.com

try: Lorac Eyeshadow in Delight, \$16, Sephora stores

try: Prestige Eyeshadow in Amethyst, \$4, drugstores

try: Milani Eyeshadow in Enchantment, \$3, drugstores

try: Victoria's Secret Very Sexy Silky Eye Shadow in Taboo, \$13, Victoria's Secret stores

LIPS

Pick a nude color with gold flecks—the shimmer won't wash you out.

try: Armani Silk High Color Cream Lipstick in 16, \$25, select Saks Fifth Avenue stores

try: Clinique Colour Surge Bare Brilliance Lipstick in Pink Beach, \$14, department stores

try: Maybelline New York Moisture Extreme Lipcolor in Gold Light, \$7, drugstores

try: NARS Lipstick in Promiscuous, \$33, narscosmetics.com

try: Sonia Kashuk Luxury Lip Color in Sheer Champagne, \$8, Target stores

YOUR SKIN TONE

FAIR

BEIGE

GOLDEN

BRONZE

DEEP

YOUR
SKIN TONE

FAIR

BEIGE

GOLDEN

BRONZE

DEEP

CHEEKS

Dab pink cream blush onto the apples of cheeks and blend.

try: Mally Get Cheeky! Dewy Blush in Dawn, \$25, qvc.com

try: Clarins Multi-Blush in Tender Raspberry, \$25, clarins.com

try: Maybelline New York Dream Mousse Blush in Soft Plum, \$8, drugstores

try: 100% Pure Sugar Plum Fruit Pigments Lip & Cheek Tint, \$15, qvc.com

try: Lancôme Magique Blush in Raspberry Soufflé, \$29, lancome-usa.com

EYES

Open up your eyes with a sweep of shimmery vanilla shadow.

try: Too Faced Eyeshadow in Pearl Necklace, \$18, Sephora stores

try: E.l.f. Elements Custom Eyes in Ivory, \$1, Target stores and eyeslipsface.com

try: CoverGirl Eye Enhancers in French Vanilla, \$3, drugstores

try: Wet N Wild Mega Eyeshadow in Cream Pot, \$2, drugstores

try: M.A.C Eye Shadow in Phlooff!, \$14, maccosmetics.com

LIPS

Use a lip brush: It will precisely define your lip shape.

try: Wet N Wild Silk Finish Lipstick in Russian Tea Rose, \$1, drugstores

try: Rimmel Lasting Finish Lip in Night Life, \$6, drugstores

try: Revlon ColorStay Soft and Smooth Lipcolor in Sheer Plum, \$10, drugstores

try: Prestige Lipstick in Wicked, \$8, drugstores

try: Prescriptives Colorscape Lip Color in Purple Rose, \$18, department stores



DREAMY

Rosy cheeks and just a wash of ivory shadow always look pretty—but the dramatic plum lips will have you leaving lipstick kisses all over your own reflection.



EARTHY

Forest-green eyes,
sun-kissed cheeks, and
slightly rosy lips
will make you feel like
a natural woman.

CHEEKS

Dust on an orangey bronze blush for a just-in-from-the-outdoors flush.

try: Prestige Blushing Duo in Hampton, \$6, drugstores

try: Isadora Perfect Powder Rouge in Peach Tan, \$11, Walgreens stores

try: Physicians Formula Mineral Wear Talc-Free Mineral Blush, \$11, drugstores

try: Max Factor Natural Brush-On Satin Blush in Soft Honey, \$7, Wal-Mart stores

try: Black Radiance Sheer Blush in Soft Honey, \$4, drugstores

EYES

Draw a thin line on top but go thick underneath. Extend both for a sexy cat's-eye effect.

try: Max Factor Maxeye Liner in Dollar Signs, \$6, Wal-Mart stores

try: Sonia Kashuk Eye Definer in Olive Suede, \$8, Target stores

try: L'Oréal Paris Pencil Perfect Self-Advancing Eyeliner in Sage, \$7, drugstores

try: Revlon ColorStay Eye Liner in Teal, \$7, drugstores

try: Styli-Style Line & Seal 24 in Forest, \$6, CVS stores

LIPS

Fill in lips with a nudish pink lip pencil. It's more natural-looking than lipstick.

try: Prestige LightShine Gloss Lip Liner in Banyan, \$5, drugstores

try: E.L.F. Feather Proof Moisturizing Lip Liner in Natural Blush, \$1, eyeslipsface.com

try: N.Y.C. New York Color Waterproof Lipliner Pencil in Natural, \$4, drugstores

try: Make Up For Ever Aqua Lip in #5C, \$16, 212-941-9337

try: Bourjois Levres Contour Lip Liner in Explosive, \$12, Sephora stores

YOUR SKIN TONE

FAIR

BEIGE

GOLDEN

BRONZE

DEEP

YOUR
SKIN TONE

FAIR

BEIGE

GOLDEN

BRONZE

DEEP

CHEEKS

Dust on a shimmering peach blush to softly brighten your whole face.

try: Jane Blushing Cheeks in Blushing Earth, \$4, drugstores

try: CoverGirl Cheekers Blush in Rose Silk, \$4, drugstores

try: Revlon Powder Blush in Tawny Peach, \$10, drugstores

try: Tropez Sweet Cheeks Powder Blush in Sweet Peach, \$3, drugstores

try: Elizabeth Arden Color Intrigue Cheekcolor in Tearose, \$21, Macy's

EYES

Use a brush to apply shadow across eyelids and onto inner corners.

try: Benefit Shows Off! in Bambi, \$16, benefitcosmetics.com

try: Make Up For Ever Star Powder in #920, \$18, Sephora stores

try: Matte N.Y.C. Shadow Dust in Gold, \$10, Perfumania stores

try: Gosh Cosmetics Effect Powder in Queen Bee, \$12, 888-352-8629

try: Black Radiance Loose Shimmer Shadow in Golden Sun, \$3, drugstores

LIPS

For really juicy lips, slick on the high-shine gloss—liberally!

try: Lancôme Juicy Tubes in Cherry Burst, \$17, lancome-usa.com

try: Fresh Sugar Lip Gloss in Sugar Pin-up, \$25, fresh.com

try: Jane Liquid Lipcolor in Tangerine, \$4, drugstores

try: Stila Lipglaze in Cranberry, \$20, department stores

try: L'Oréal Paris Colour Riche Gloss in Rich Red, \$9, drugstores



FLIRTY

The love-struck twinkle in your eye is really a touch of metallic shadow—and those juicy cherry lips only look like you've just been kissed.



PLAYFUL

Aqua shadow and an almost-bare face will stop guys in their tracks. (And when they feed you a line about your eyes, you'll know they're telling the truth.)

Fashion Stylist: Megan Ross at
Factorydowntown.com
Makeup: Matin for Artistsbytimothyprano.com
Hair: Kevin Woon for Woon NY
Still lifes: Jay Muckle/Studio D
Prop Stylist: Renata Chaplinsky

CHEEKS

Blend a bronzy cream blush onto your apples to create a warm glow.

try: Rimmel Soft Cream Blush in Soft Kiss, \$3, drugstores

try: Mark Just Pinched Instant Blush Tint in Nude, \$6, meetmark.com

try: ULTA Cream Blush in Flushed, \$7, ulta.com

try: Benefit Sheer Cream Blusher in Shhh!!!, \$18, benefitcosmetics.com

try: Revlon Cream Blush in Blushing Mauve, \$10, drugstores

EYES

Use your finger for an intense swipe of color across your entire lid.

try: Mark I-Mark Custom Pick Eye Shadow in Heavenly, \$4, meetmark.com

try: Maybelline New York Expert Wear Eye Shadow in Emerald, \$4, drugstores

try: M.A.C Eye Shadow in Jewel Blue, \$14, maccosmetics.com

try: Milani Eye Shadow in Atlantis, \$3, drugstores

try: Urban Decay Deluxe Eye Shadow in Adore, \$17, Sephora stores

LIPS

Apply just a dab of sheer gloss in the center of your lips.

try: Sally Hansen Lip Inflation Plumping Treatment in Sheer Mocha, \$6, drugstores

try: L'Oréal Paris Colour Juice Sheer Juicy Lip Gloss in Caramel Crème, \$7, drugstores

try: TheBalm BalmShelter SPF 17 Tinted Gloss in Girl Scout, \$18, Sephora stores

try: Prescriptives Tint Balm for the Lips in Caramel, \$18, department stores

try: Bonnebell Lip Lites in Metallic Mocha, \$4, drugstores

YOUR SKIN TONE

FAIR

BEIGE

GOLDEN

BRONZE

DEEP

MAY 2007

The Hills' Heidi Montag, 20, reportedly had breast implants and a nose job earlier this year.

AUGUST 2006



why are we so obsessed with

PLASTIC SURGERY?

Everywhere we look, we're bombarded with images of celebrities and models with newly perfect-looking bodies. Now more girls think *they should get nipped and tucked too.* **BY VERONICA BYRD**

At some point many of us have wished we could change something about our bodies. But now a record number of girls aren't just *wishing*—they're actually going under the knife. Last year, 94,000 teen girls had cosmetic surgery, according to the American Society of Plastic Surgeons. Girls are getting breast implants, nose jobs, liposuction—sometimes as birthday or graduation gifts. What's behind the trend? Reality-TV shows like *Dr. 90210*, for one thing—they make surgery seem so simple. Tabloids are feeding the frenzy too, by showing us images of young post-op stars week after week. It's starting to seem more normal to have surgery than to be happy with what you've got. When you see that so many young, pretty celebs are getting surgery, you can't help thinking, *Would I look better with 36C breasts or a tinier nose?* It can make you feel like there's just one definition of *sexy*, and it can only be bought at the doctor's office. It doesn't make you a bad person if you've had—or want to have—plastic surgery. We *all* want to look our best. The problem is when it becomes a reflex instead of a carefully considered choice. Changing your body to please yourself is one thing; changing it to please others is another. Have *you* been thinking about getting work done? Read this first. ➡



"GUYS DON'T EVEN LOOK AT MY FACE!"



“ I was always the girl who had a flat chest. I watched as my friends' breasts grew, but mine *stayed* flat—an A cup. Whenever I looked into the mirror, they were the only thing about my body that I didn't like. (I have wide hips, so I felt disproportionate; dresses and tops *never* fit right.) I started researching breast implants on the Internet and saving money from my part-time job to pay for the surgery. At first my boyfriend was against the idea—since he was happy with me the way I was, he didn't get why I wanted to change my body. I told him that I just needed to feel more confident and attractive. I found a board-certified doctor, who asked me a lot of questions about why I wanted bigger breasts. He also told me the risks (like scarring and infection).

The operation went fine: I'm now a C cup. But there's a downside I didn't expect. Yeah, guys pay more attention to me, which I thought I'd like. But now it seems like they're interested in me *only* because of my boobs! When they look at me, I wonder if they're just thinking about sex—and that feels degrading. Sometimes I'm not sure if the surgery was worth it. **”**

—ALEXXIS, 18, SAN DIEGO, CA

okay with curves
Though she has blogged about feeling “fat and chubby,” Lily Allen says she won't get lipo.



71%
of **seventeen.com** readers have **wished** for surgery.



“ I had people ask me [if I've had breast implants]. I feel like I should let the **mystery** live on. I'm all for plastic surgery. When I'm older, I'm getting **everything** sucked, tucked, and cut off. **”**

—Kellie Pickler, former *American Idol* contestant, when asked if she'd had plastic surgery



I ♥ MY NEW NOSE

“ I was always embarrassed by my bumpy nose. The kids at school called me Big-Nose Denise and Elephant Girl. I'd try to act strong—then I'd go home and cry. So last year I asked my mom if I could get it fixed. I'm really happy that I did. I used to look at other girls and think, They're so much prettier than me—now I'm like, Yeah, they're pretty, but I'm pretty too! **”**

—Denise, 17, San Antonio, TX



There is more to life than being thin! I am incredibly proud of my **achievements** over the past year. I shan't be getting any surgery; instead I will be **eating** lots of bread and pasta and thinking about what to write about for the next album.

—Lily Allen, singer, in a blog post in response to a previous post about researching lipo

THREE REASONS TO HOLD OFF ON SURGERY

1. you're still growing Girls' bodies can continue to change into their early twenties. A body part that appears too large or too small now can become more proportionate over time. Give your body a chance to develop fully before calling a doc.

2. you haven't researched the procedure and risks Surgery is dangerous whether it's elective or not. So do your homework: Talk to girls who've gotten the procedure you're considering, ask yourself some hard questions (like, Can I handle it if the results don't look the way I thought they would?), and choose a doc who's certified by The American Board of Plastic Surgery.

3. you're doing it for the wrong reasons Think changing your looks will instantly make you more popular and happy? It won't. So talk with your doctor or therapist about *why* you want surgery. She'll help you figure out if your expectations are realistic.



WHAT YOU THINK ABOUT PLASTIC SURGERY



IT'S A PERSONAL CHOICE! "I have a good friend who got a nose job, and it made her so much happier. My motto is: Do what makes you happy. If you have the money, why not spend a little to improve your looks? Besides, what a girl does with her own body is her choice. Who am I to judge?" —EMILY, 16, BRANSON, MO



DON'T DO IT! "I don't think girls should have plastic surgery unless it's necessary, like if they have a medical or life-threatening emergency. Most people get surgery because they feel insecure. There are different kinds of physical beauty—and we're not all supposed to look alike!" —SOLA, 17, POQUOSON, VA

TRAUMARAMA!

Everyone has had humiliating moments.

GYM CLASS HERO

“There was this really cute guy lifting weights in PE. To impress him, I decided I'd bench 100 pounds. But as I lifted the bar, I dropped it. I yelled for help, and he came over to pull it off me. After the rescue, he went over to his friends and laughed at me!”

TURN for more traumas! ➔

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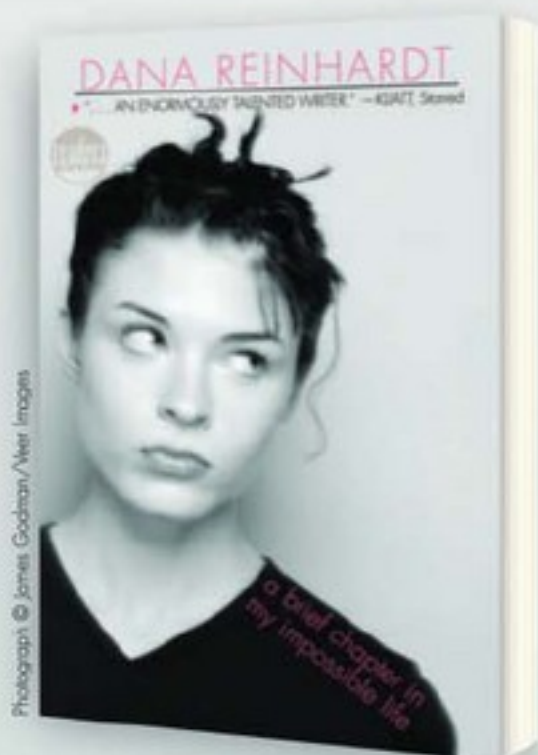
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remember when
you thought you
knew everything?

remember when
you realized
you didn't?



NEW IN PAPERBACK!

a brief chapter in my impossible life

Simone has always known she was adopted, but it isn't a big deal. But when she receives a call from her birth mother Rivka, Simone begins to question everything—her faith, her family, and what it means to be a daughter.



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personal convo

"I was riding on the elevator in our hotel while I was on vacation with my family. This guy got on and started talking to me, but he wasn't facing me. He asked how I was doing, and I said, 'Fine.' Then he asked what I was up to, and I replied, 'Nothing.' Then he turned toward me and rudely said, 'Do you mind? I'm on the phone!' I blushed *bright red* and couldn't wait to get out of that elevator!"

fashion statement

"It was 'What the Heck Are You Wearing Day' at school and I was so pumped up about wearing a crazy outfit. I wore super-skinny gray jeans with red shorts over them, an ugly green shirt with a loose tank top over it, and over *that*, another spaghetti-strap tank. I also had on a big gold belt, dozens of hair clips, and two headbands. I walked into school and saw that I was the only one dressed up—I had gotten the day wrong! All day, everyone was literally asking me 'What the heck are you wearing?'"

slide of pepperoni

"I was in line at the cafeteria buying a slice of pizza when I heard someone call out my friend's name. It seemed urgent, so I paid for my food and started running back to where my friend was sitting to tell her someone was looking for her. In my rush to find her, I didn't see the backpack lying in the middle of the floor . . . I tripped over it and fell to the ground! Not only did I land on my pizza, but my crush was right there laughing at me!"

mud bath

"I was on a date with a really hot guy, and we were walking through the woods to get to this romantic spot where there's a bench and green grass. We were almost there when he stopped me and went in for a kiss. I was so shocked that I had to move my foot for better balance—and I put it down right in a mud puddle. My foot slipped out from under me, and I fell down into the dirty water! Let's just say all the romance was gone once I was covered in muck."

check, please

"My crush and I went out to eat with our families—we're all really close. I was wearing a short skirt and kept getting up to get more food at the buffet just so he would notice me. One time when I got up, I thought I saw him checking out my butt. I wanted to make sure I was walking perfectly, but while concentrating, I walked right into a waiter who was carrying about 10 drinks. My clothes and hair were soaked! Everyone at the table—including my crush—was cracking up! It was awful."

THE REAL FEEL

“One day my friends and I were walking through a department store at the mall. I spotted a male mannequin wearing this shirt that looked so soft-looking, I just had to touch it! As I started feeling it, the mannequin moved! Turns out it was a real live man who was just standing really still. He gave me a weird look, and I quickly apologized and ran away as fast as I could. Oops!”

dramatic scene

"There was this guy I really liked, but I didn't know how to make him notice me. When my friends asked me to perform a dance routine with them at the school talent show, I decided this would be my chance. But when I got onstage, I saw him and everyone else in the crowd and got really nervous. I was concentrating so hard on not messing up that I didn't notice how close I was to the edge. During the part of the dance where we were all supposed to slide to one side,

I flew right off the stage! The whole audience gasped. I guess I got his attention after all!"

love hurts

"I was sitting with my best friend at lunch one day, and she was really bummed because she had just broken up with her boyfriend. I was trying to cheer her up, so I told her, 'I love you this much.' As I said it, I spread my arms wide to show her just how much—and ended up smacking someone on the butt. I turned around and saw it was the principal! He gave me an evil look. I wanted to die, but at least it got my friend laughing again!"

heel no

"I was visiting my grandparents in the country and went into town to buy some groceries for them. Thinking there might be some hot guys around, I put on my favorite stilettos. When I got to the store, I noticed this cute marine smiling at me. I smiled back, gave a little wink, and continued on. Then all of a sudden, my heel got

caught in a crack in the pavement and I hit the ground. I was absolutely mortified as the marine came over to me and said, 'You've got to be from the city, because any country girl would know not to wear those heels!'"

fall sport

"It was my first day of tennis class and I had noticed that there were a few really cute guys watching from the bleachers. While I was playing in my first match, I caught one of them watching me, so I tried to show off my skills and win the point. But as I was running toward the ball, I tripped and fell flat on my butt! I lay on the court for a few seconds, humiliated, hoping the guys hadn't seen. Of course when I sat up, they were laughing hysterically!"

face-off

"Every year my school has a huge football game against our rival. Everyone shows up. I was hanging out in the student section when I noticed some girls had the players' jersey

numbers painted on their faces. I wanted to draw my friend's number on my face, so I ran to the bathroom and put it on with eyeliner. Later on that night after the game, my friend asked me why I had the letter p written on my face. I meant to draw the number 9 but had accidentally reversed it in the mirror! It was like that the whole game. Everyone had to think I was a moron!" ¹⁷



MOST EMBARRASSING TRAUMA EVER!

Which of these traumas do you think is the most cringe-inducing? Vote for your pick at seventeen.com/traumasweeps and you could win a handbag and wallet set from Kipling (worth \$114)! At the end of the year, the reader who submits the winning story will score a grand prize. (So send in your trauma after you vote!)



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ON SALE

OCTOBER 16

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Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Odds of winning will depend upon the total number of eligible entries received. Must be between the ages of 13 and 29 and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law.

HOW TO PARTICIPATE IN THE T-SHIRT SWEEPSTAKES (page 7): Starting September 10, 2007, bring a copy of the October 2007 cover of *Seventeen* or a printout of the seventeen.com homepage to any participating Steve & Barry's to receive one (1) dear BY Amanda Bynes logo T-shirt (approximate retail value: \$8 each). While supplies last.

HOW TO ENTER DAILY FREEBIES (page 10): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, October 1, 2007, through 11:59 P.M. ET, October 31, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 29): Complete and submit the online entry form at survey.seventeen.com beginning at midnight ET, January 5, 2007, through 11:59 P.M. ET, December 30, 2007. One (1) winner will receive \$500, and five (5) winners will receive \$100. Total approximate retail value of entire prize package: \$1,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE OLIVE GARDEN SWEEPSTAKES (page 91): Sign up for the New Body, New You plan at seventeen.com/challenge to enter, beginning at midnight ET, September 10, 2007, through 11:59 P.M. ET, October 15, 2007. One winner will receive a \$100 gift certificate to Olive Garden. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE "WHY HE'S A JERK..." SWEEPSTAKES (page 97): Send a text message to number 83200 from your text messaging-capable wireless device with one of the following votes: "JERKY YES" or "JERKY NO" from midnight ET, September 10, 2007, through 11:59 P.M. ET, October 15, 2007. Once you vote, you will receive a text message confirmation on your text messaging-capable wireless device and will be entered in the sweepstakes. Vote as many times as you like, but you will be entered in the sweepstakes only once. One (1) winner will receive one (1) T.90 USB Turntable from Stanton (approximate retail value: \$400). Entrants will be charged for sending, receiving, and responding to SMS according to their carriers' rate plan(s). If you prefer, send your vote on a 3½" x 5" postcard, along with your name, telephone number, and the issue's month to *Seventeen*, P.O. Box 1707, Sandusky, OH 44871-1707. Mail entries must be postmarked by October 11, 2007, and received by October 15, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE LIGHTBULB SWEEPSTAKES (page 119): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, September 10, 2007, through 11:59 P.M. ET, October 15, 2007. Five hundred (500) winners will receive an Energy Saver Twister CFL from Philips Lighting (approximate retail value: \$4 each). Total approximate retail value of entire prize package: \$2,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE TRAUMARAMA! SWEEPSTAKES (page 169): Go to seventeen.com/traumasweeps and vote for your favorite trauma beginning at midnight ET, September 10, 2007,

through 11:59 P.M. ET, October 15, 2007. One (1) winner will receive one (1) wallet and large handbag set from Kipling (approximate retail value: \$114). Total approximate retail value of entire prize package: \$114. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

Contest Rules

HOW TO ENTER THE CHANEL NAIL POLISH CONTEST (page 18): No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Send your entry to: The Chanel and *Seventeen* Colour of the Year Contest, c/o *Seventeen*'s Beauty Department, 300 West 57th Street, 17th Floor, New York, NY 10019. Be sure to include your color inspiration design with your name, address, date of birth, and telephone number. All entries must be received by October 31, 2007, to be eligible. One (1) grand prize winner will have her nail color produced and sold by Chanel, and receive \$1,000 worth of Chanel Beauté products. Total approximate retail value of entire prize package: \$1,000. Must be 13–24 years old and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE READER MODEL CONTEST (page 29): No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Complete and submit the online entry form at seventeen.com/model beginning at midnight ET, September 10, 2007, through 11:59 P.M. ET, November 1, 2007. To enter by postal mail, please include three (3) photos: one close-up, smiling; a close-up with no smile; and a full-length photo where we can see your body; plus, your height, weight, shirt size, pants size, hair color, eye color, and the answer to this question in 300 words or less: What makes you the perfect *Seventeen* Reader Model? Applications must be submitted by the actual person who wants to enter. Entrant must not be under contract with a modeling agency. Send postal entries to *Seventeen* Reader Model Contest, 300 W. 57th St., 17th Floor, New York, NY 10019. Two (2) winners (one male and one female) will be flown to New York, NY, with a guardian and by photographed for a *Seventeen* magazine fashion story around January 8, 2008—subject to change (approximate retail value: \$950). Each winner will be awarded a contract to be represented by Ford Models for a term of no less than one year, with a minimum guarantee of \$10,000 net of agency commissions (approximate retail value: \$10,000 per winner). Total approximate retail value of entire prize package per winner: \$10,950. Must be 13–18 years old and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/freebies.

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libra

September 23–October 22

The long-standing rivalry with your biggest frenemy is about to heat up! On October 14 the planets will bring out your competitive side. You'll both be vying for the same guy's attention. The good news? You'll win—check your cell for a text from him asking to make plans.



scorpio

October 23–November 21

Everyone knows you like to gossip. The full moon on October 26 will reveal that someone close to you has been hiding something serious. Confront her about it, and show that you're there for her. She needs a loyal friend she can trust now more than ever.

sagittarius

November 22–December 21

When friend drama arises, your quick thinking smooths things over. On October 11 the new moon prompts a friend to ask for your honest opinion. Don't sugarcoat things—let her know someone she trusts is keeping a secret, then help her find a way to deal.



capricorn

December 22–January 19

You usually like to save any money that comes your way. But when some unexpected cash flows in your direction around October 27, lucky Jupiter will encourage you to treat yourself to a long overdue shopping spree! Plan an entire day at the mall with your friends.



happy birthday!

libra

libra girl is:
Fair to friends, levelheaded, and easygoing.

your special trait:
You love to bring people together.

your little secret:
You can't resist good gossip.

best matches:
Leo, Gemini, Aries.

best avoided:
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lucky days:
October 3, 14, 17.

aquarius

January 20–February 18

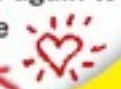
You didn't make the grand back-to-school entrance you'd hoped for (you had big dreams but a small budget!)—but it's not too late. The new moon in Libra on October 11 inspires you to experiment with a new look that costs little. You'll finally knock everyone out!



pisces

February 19–March 20

Things may not have worked out between you and your crush, but that's okay—you've been having a blast with friends. As of October 8, love planet Venus is on your side, and tons of cute guys will line up again to talk to you. Your social and love life will be in full swing!



you're having the best month!

taurus

April 20–May 20

You've been playing everything safe lately, from your conservative clothes to the boring guys you date. Thankfully the new moon on October 11 will get you out of your rut and shake things up! Friends will be shocked when a new, nutty you emerges. It's fun!



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FRIEND DRAMA!

LOTS OF LOVE!

INSTANT STARDOM!

NEW YOU!

aries

March 21–April 19

This month a close friend is keeping quiet about something you did that's really been bugging her. But on October 12 communication planet Mercury encourages you to address the touchy subject head-on. See things from her point of view to salvage your friendship.



gemini

May 21–June 20

Your guilty conscience has been keeping you from having the fun you deserve. Whatever you did to a friend last month, you'll get the chance to clear things up on October 12. You've learned from your mistakes, so say you're sorry and get back in the social scene!

cancer

June 21–July 22

You're usually pretty reserved, but you've been daydreaming about being the center of attention. On October 23 your attitude gets a bold makeover. Consider organizing a student fashion show or trying out for the next *American Idol*—it's your time to shine!



leo

July 23–August 22

You'd love to spend your entire allowance on a new purse or cute heels, especially on October 8 when an online advertisement really catches your eye. But don't! If you spend all your money in one place, you'll be left out of a major upcoming social event!

virgo

August 23–September 22

A new guy in your class seems like he's too good to be true—and on October 14, love planet Venus will help you see that he's just the hottie you've been waiting for. There's no denying that you two have a deep connection, but don't be in a rush to start a relationship.



100% OF PEOPLE HAD CLEARER SKIN IN JUST 1 DAY

AND THE RESULTS DIDN'T STOP THERE

8-WEEK CLINICAL REPORT

name *Kayla*

age *15*

describe your skin at the start of this study *oily with lots of*

pimples everywhere

what do you like about the system? *I like that it's easy and quick to use, which is*

great because I have a busy schedule. And it's important that I can get it

early. I don't have to call my doctor, get a prescription filled, etc.

summarize the results you have experienced *I thought it was going to be like all the other*

products I've tried. They worked for a week and then stopped. But this kept

working! It was pretty amazing. My skin is clearer. It's less oily, but it's not dry.

do other people notice? *People look at me in the eyes, more directly, not at my*

acne. They pay attention to me.

will you continue using the system after the study? *After trying a million things, I've finally*

found something that works, so yes, I want to keep using it!

To get results like this, you need the

CLEAN & CLEAR® ADVANTAGE® ACNE CONTROL KIT

A unique combination of advanced skincare technologies that fight the multiple causes of acne:

- ☒ clogged pores
- ☒ bacteria
- ☒ oil

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